

VISIT...

LANZAROTE
Caliente.COM

Тёджюн Мияги

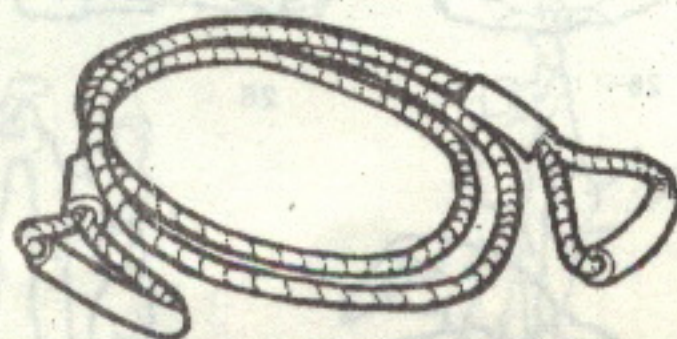
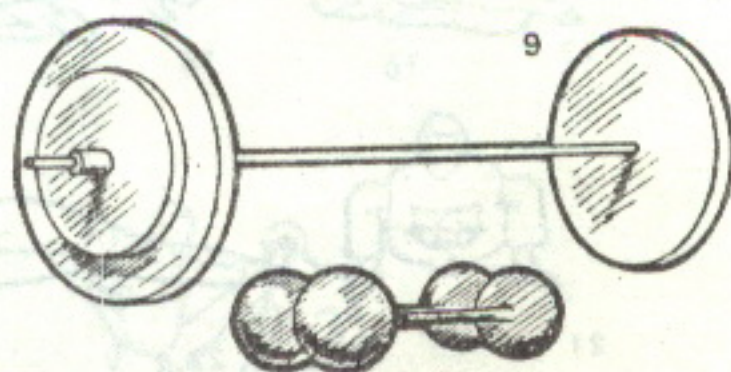
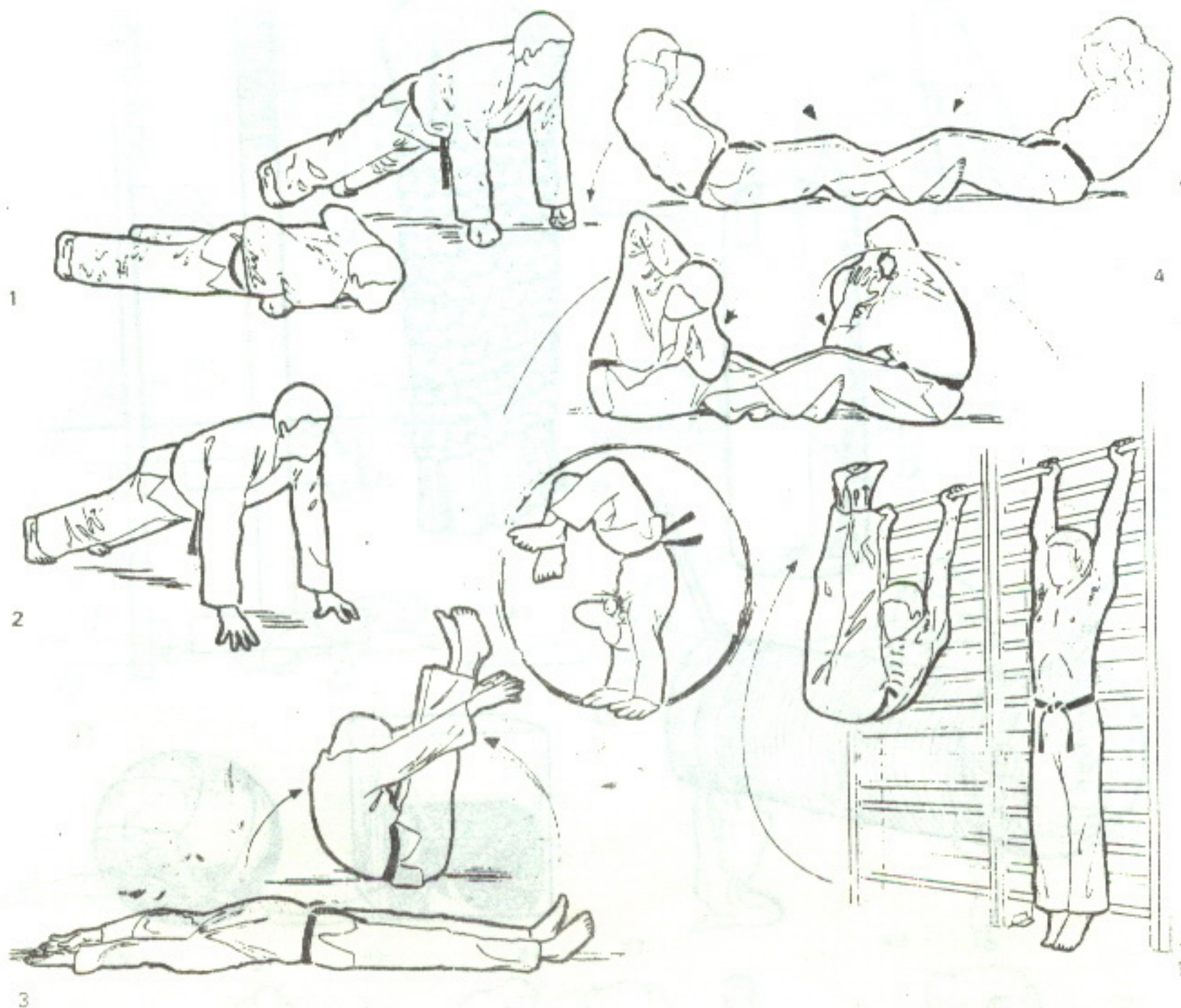
КАРАТЕ

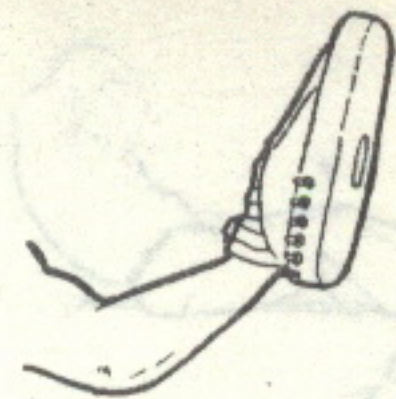
КАРАТЭ ГОДЗЮ-РЮ

ПОНЯТНОЕ ВСЕМ

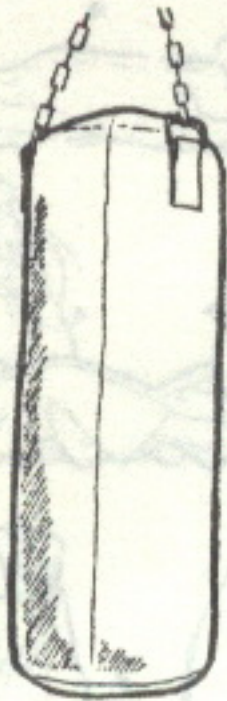


曉の角斗

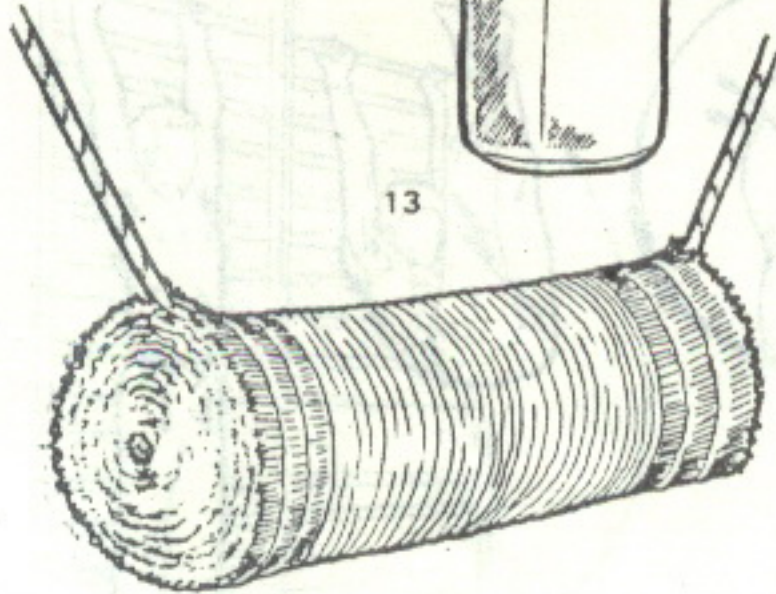




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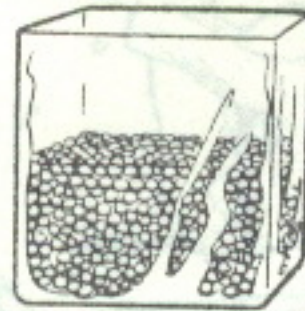
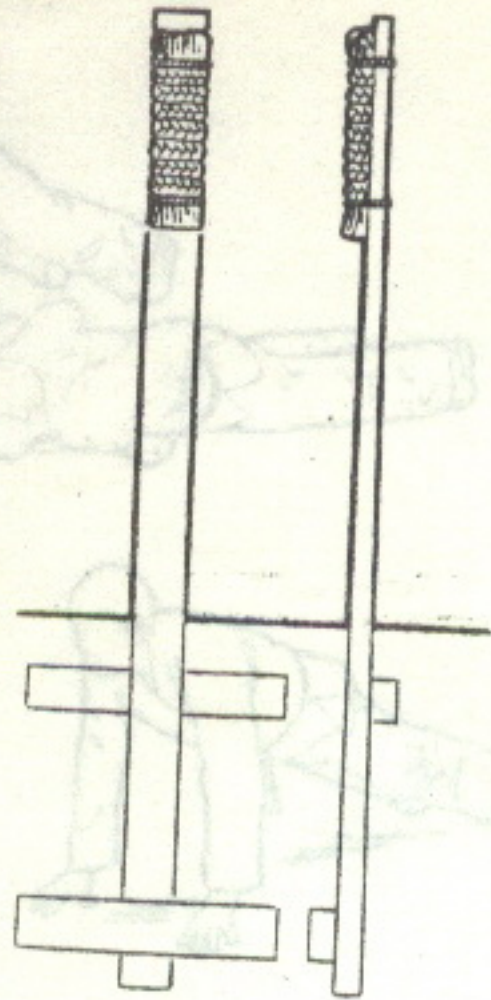
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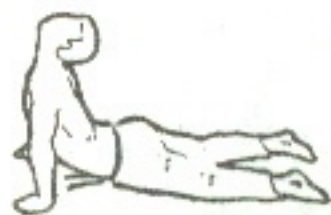
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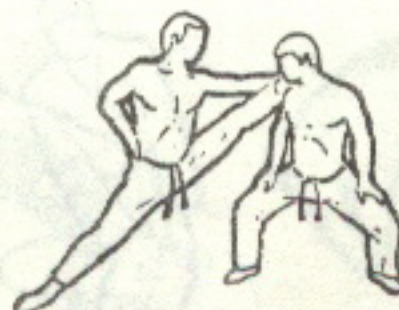
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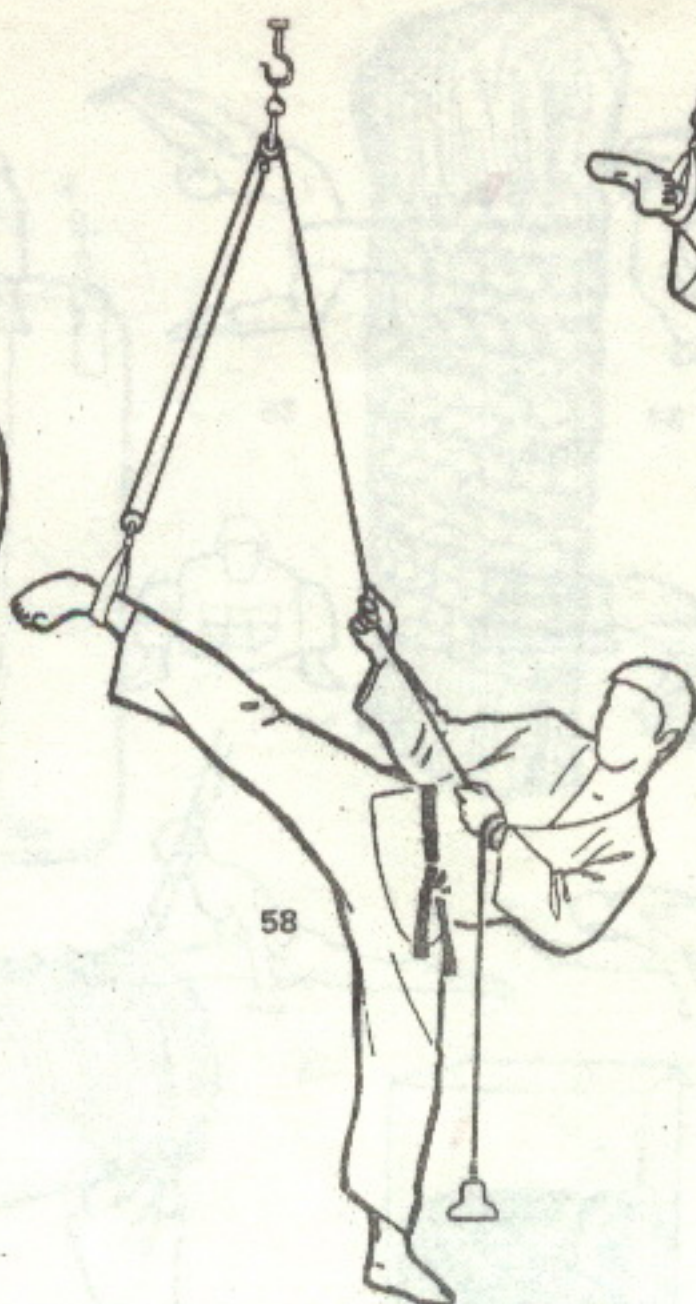
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69

(Hiraken) KAYKO-ken

Teisho HAN Shotei



80

Seiken

71

IPPON-ken

76

NAKADAKA-ken

77

IPPON-nukite

81

Koko

Hiraken

Uraken

72

73

Jonhon-nukite

78

Nihon-nukite

82

Shikyo

74

79

Seiken

Rumade

84

89

Reiko



94

Tetsui

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Reito



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KARUTO

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Seinyuto



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Shuto

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OJAJUBI



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Haito

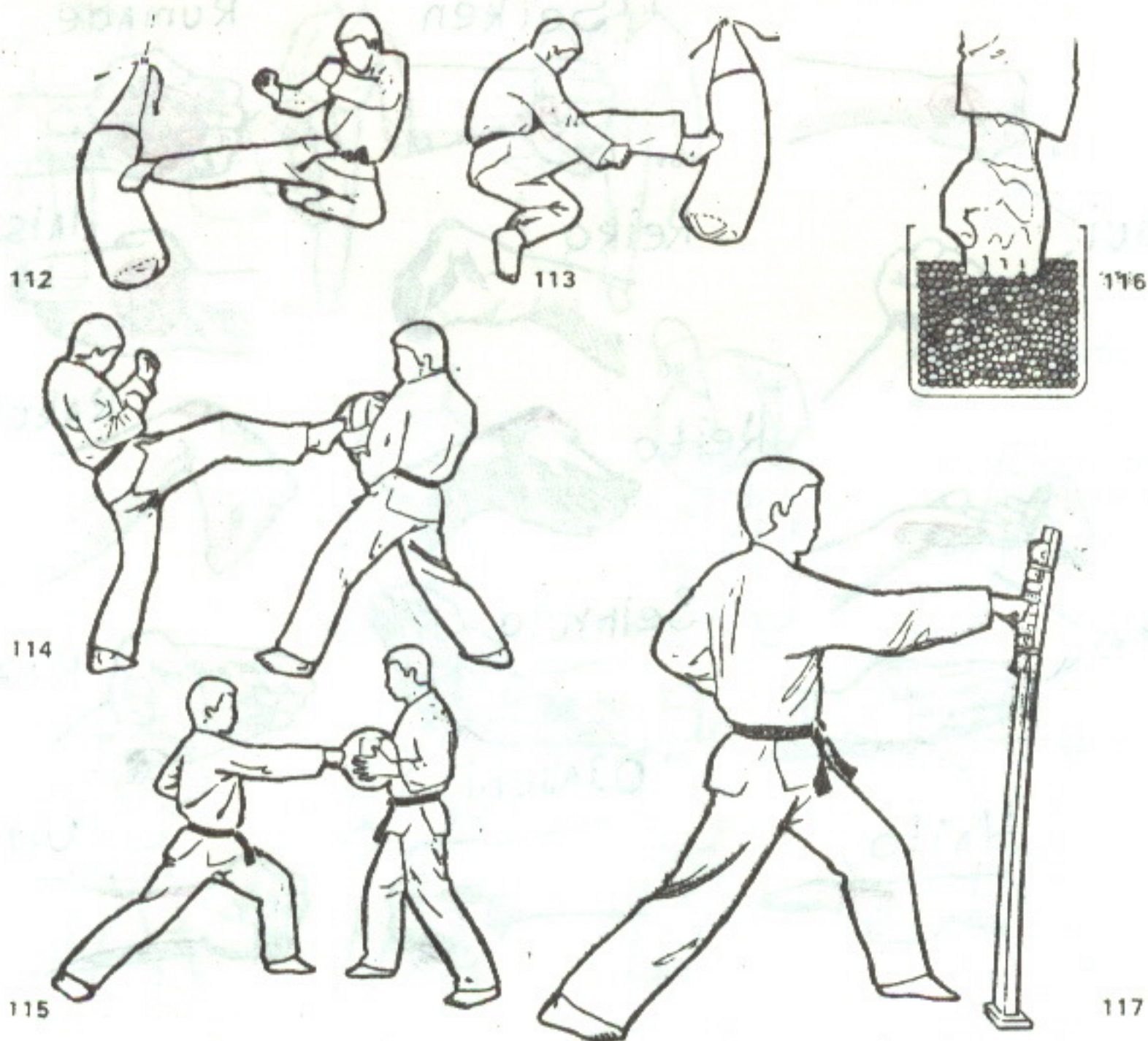
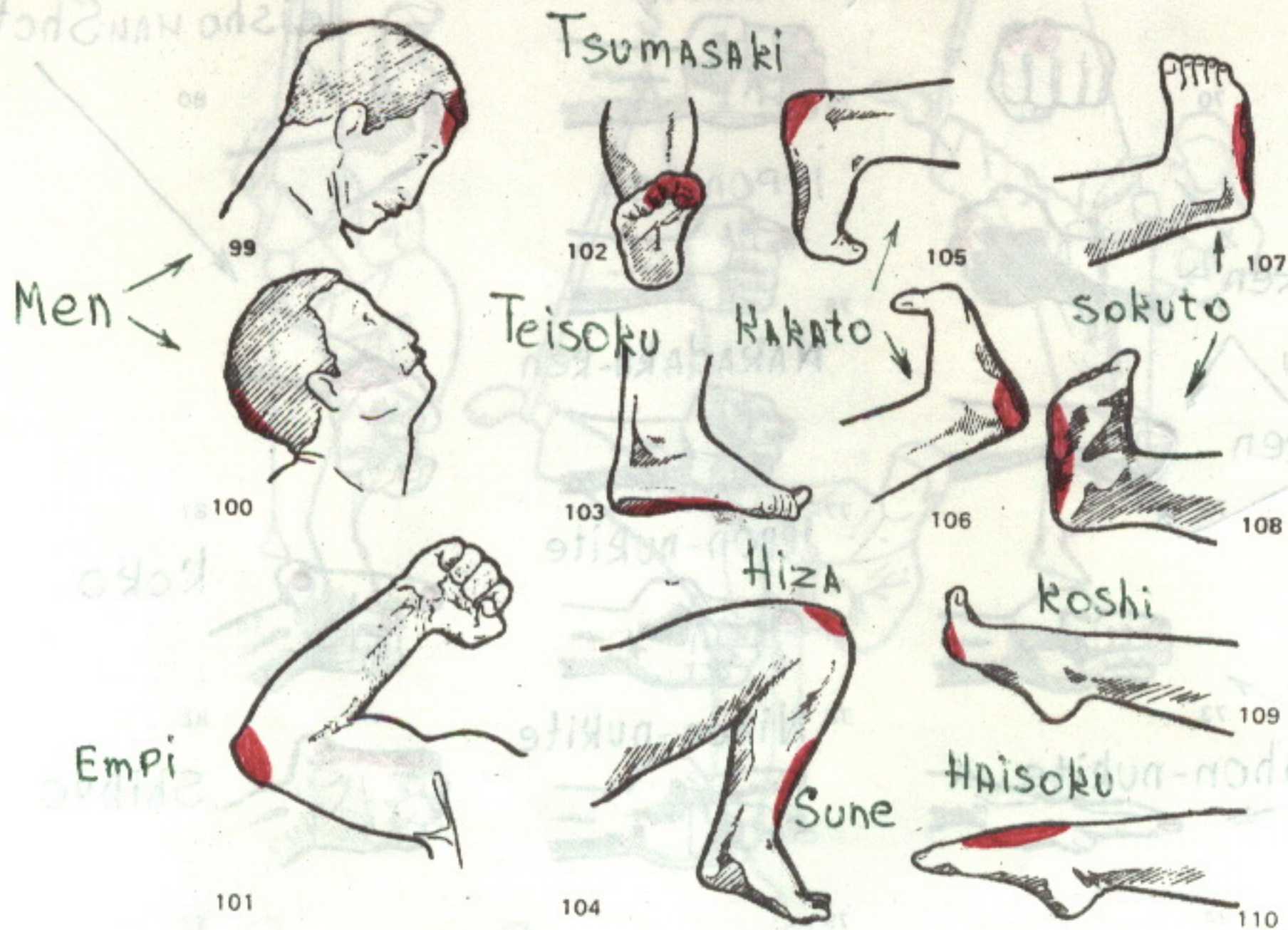
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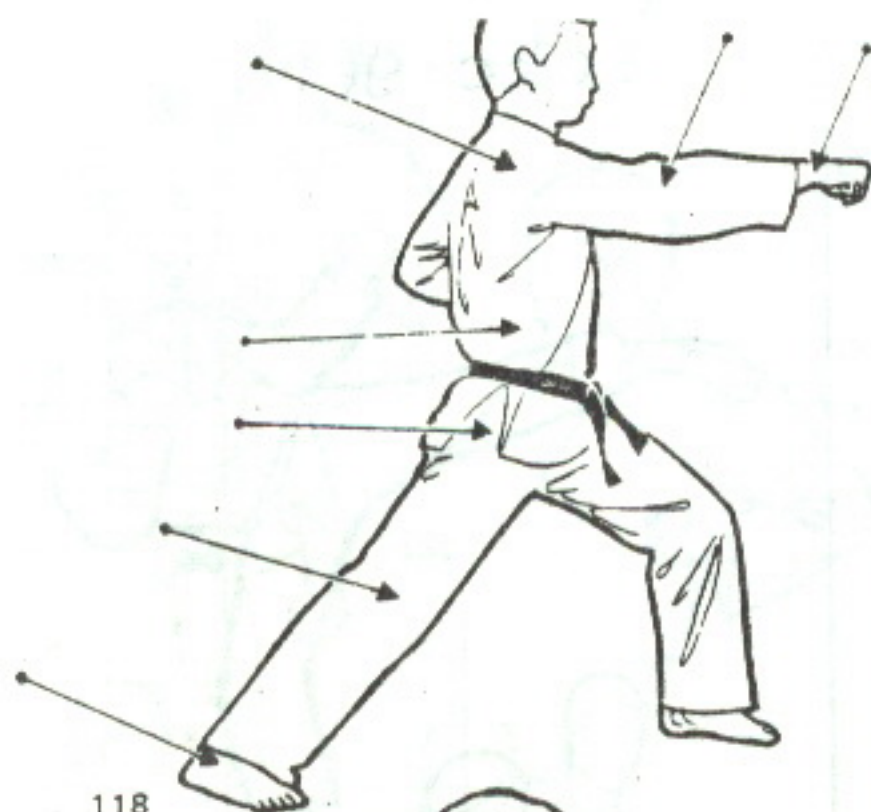
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Ude



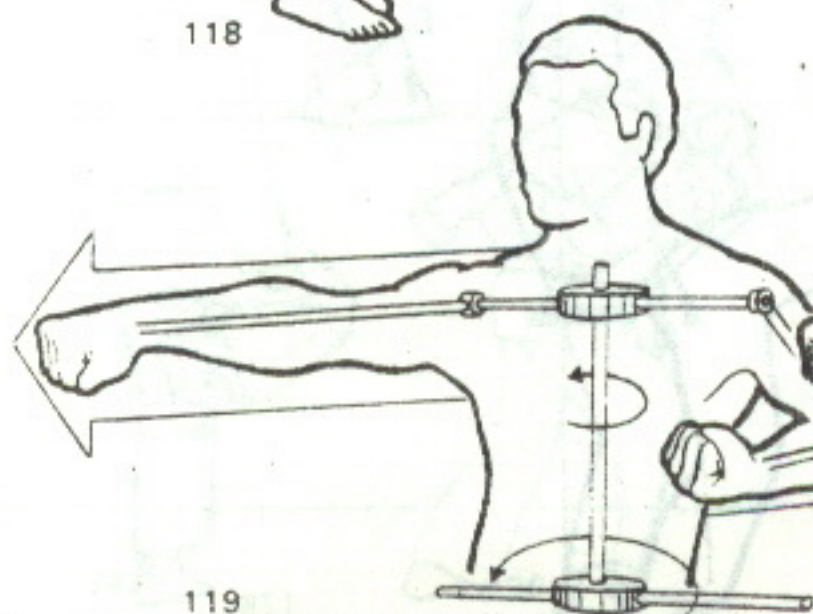
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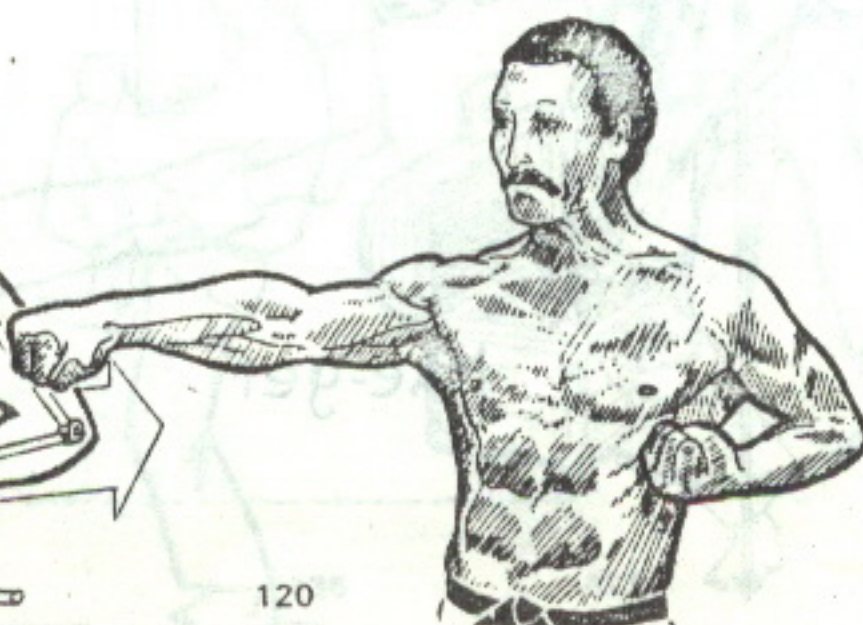


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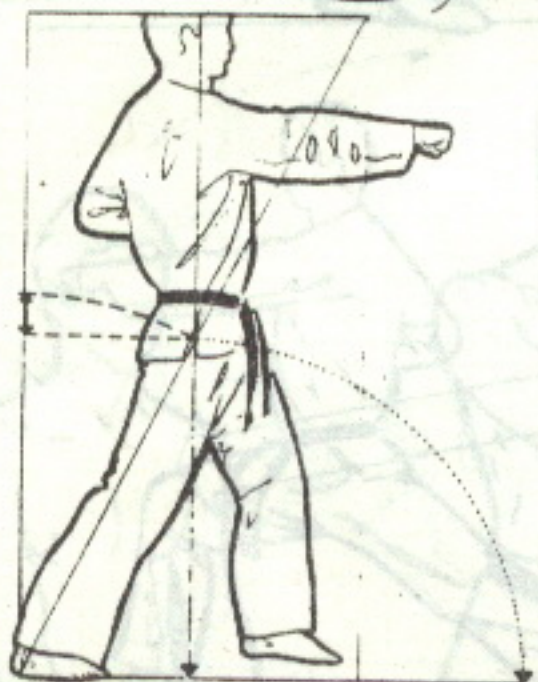
Seiken-choku-zuki



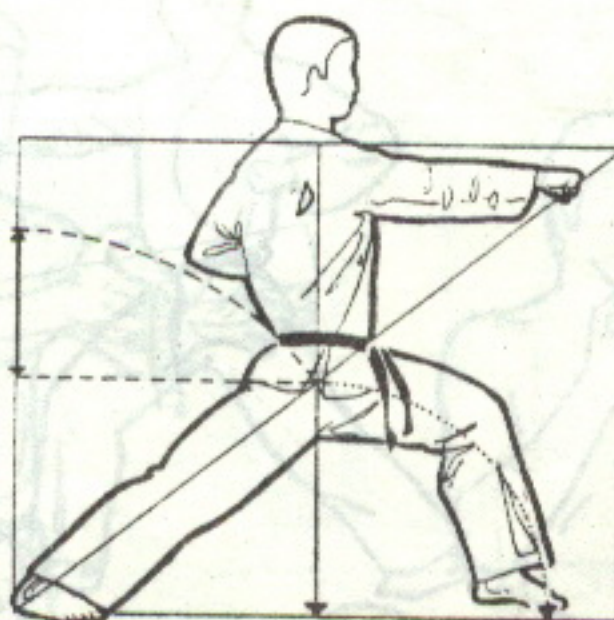
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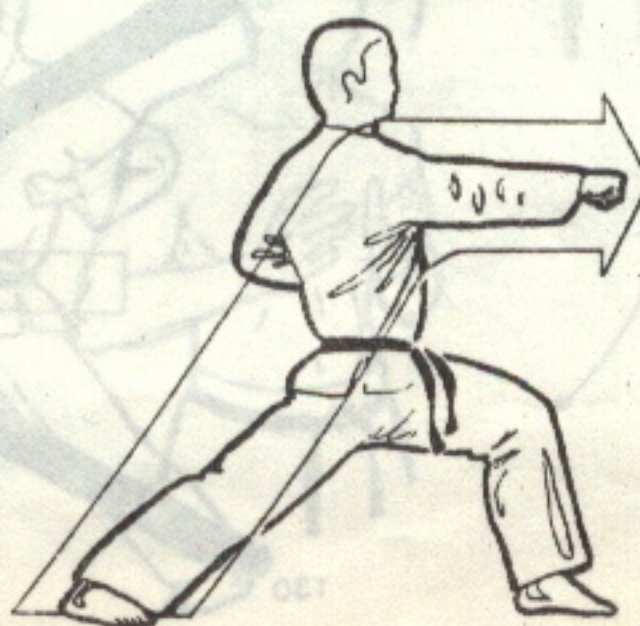
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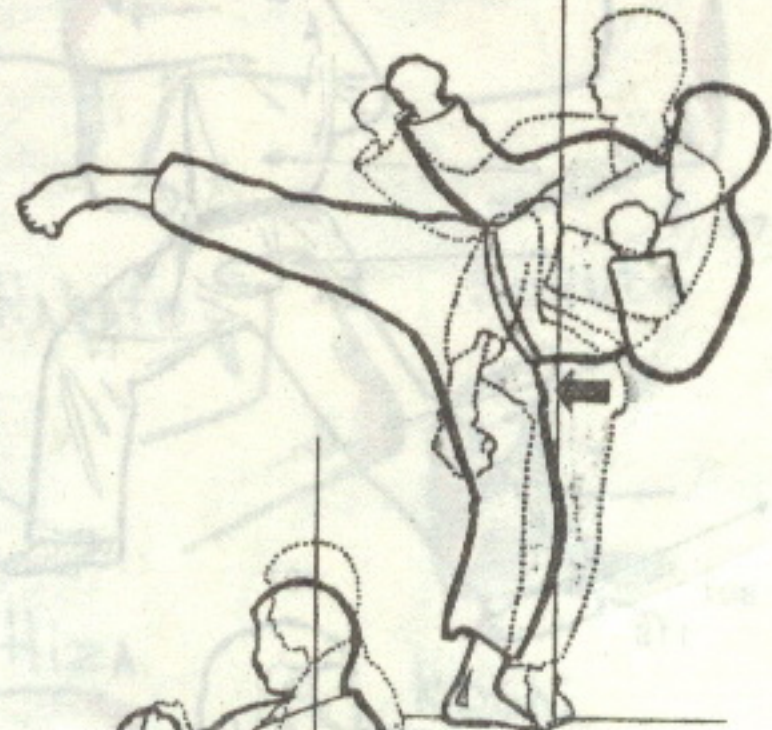
Yoko-geni

125

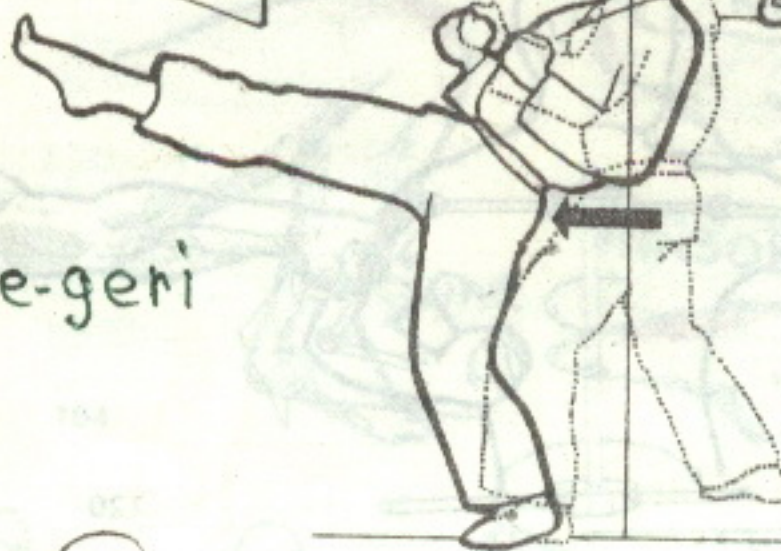
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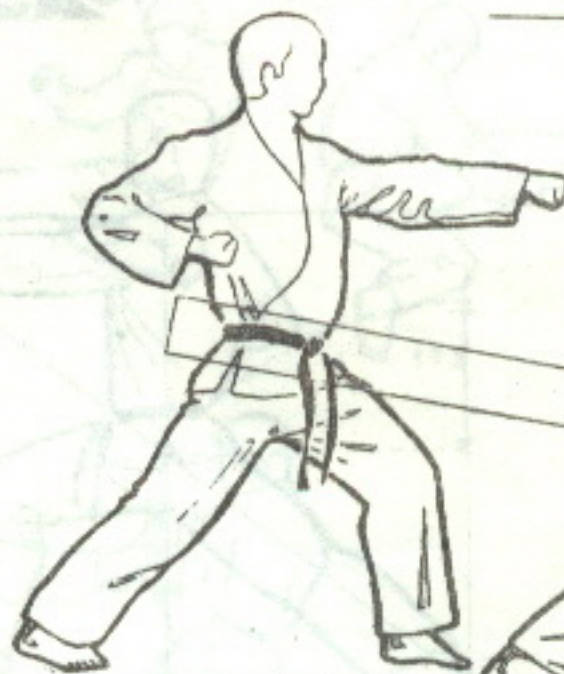
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Mae-geni



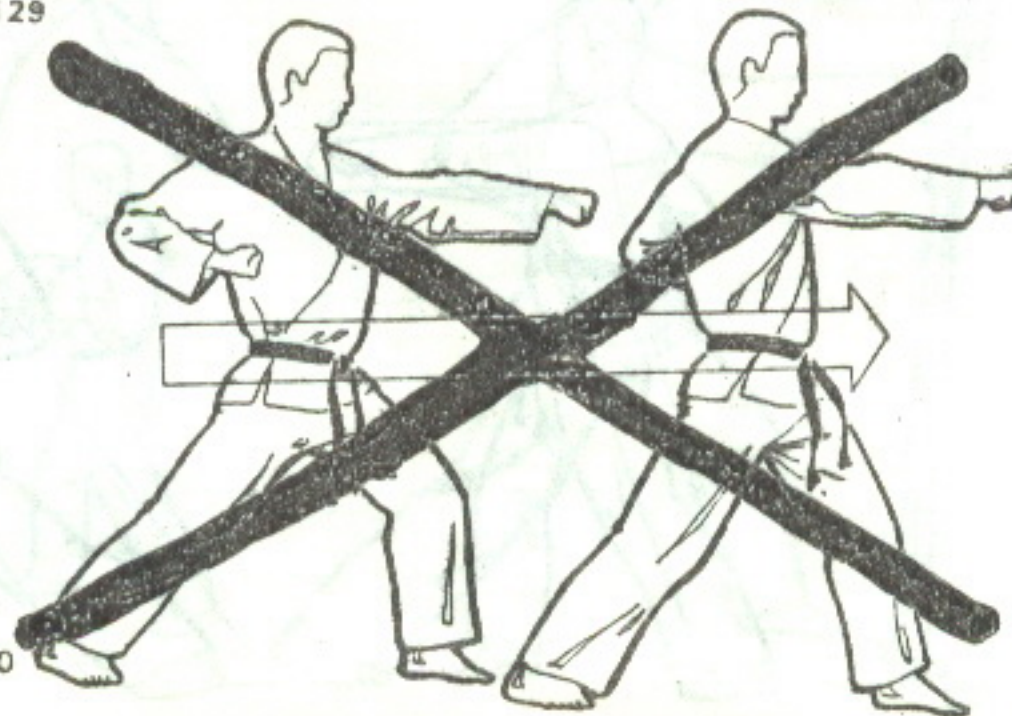
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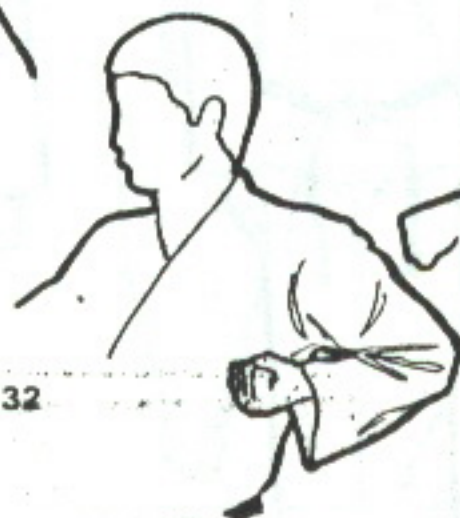


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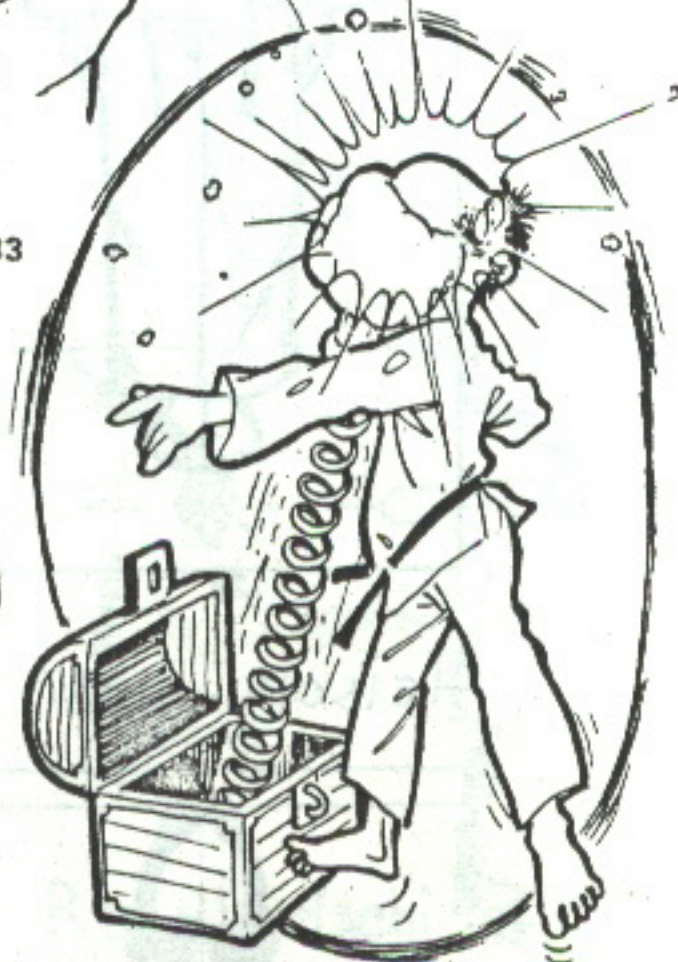
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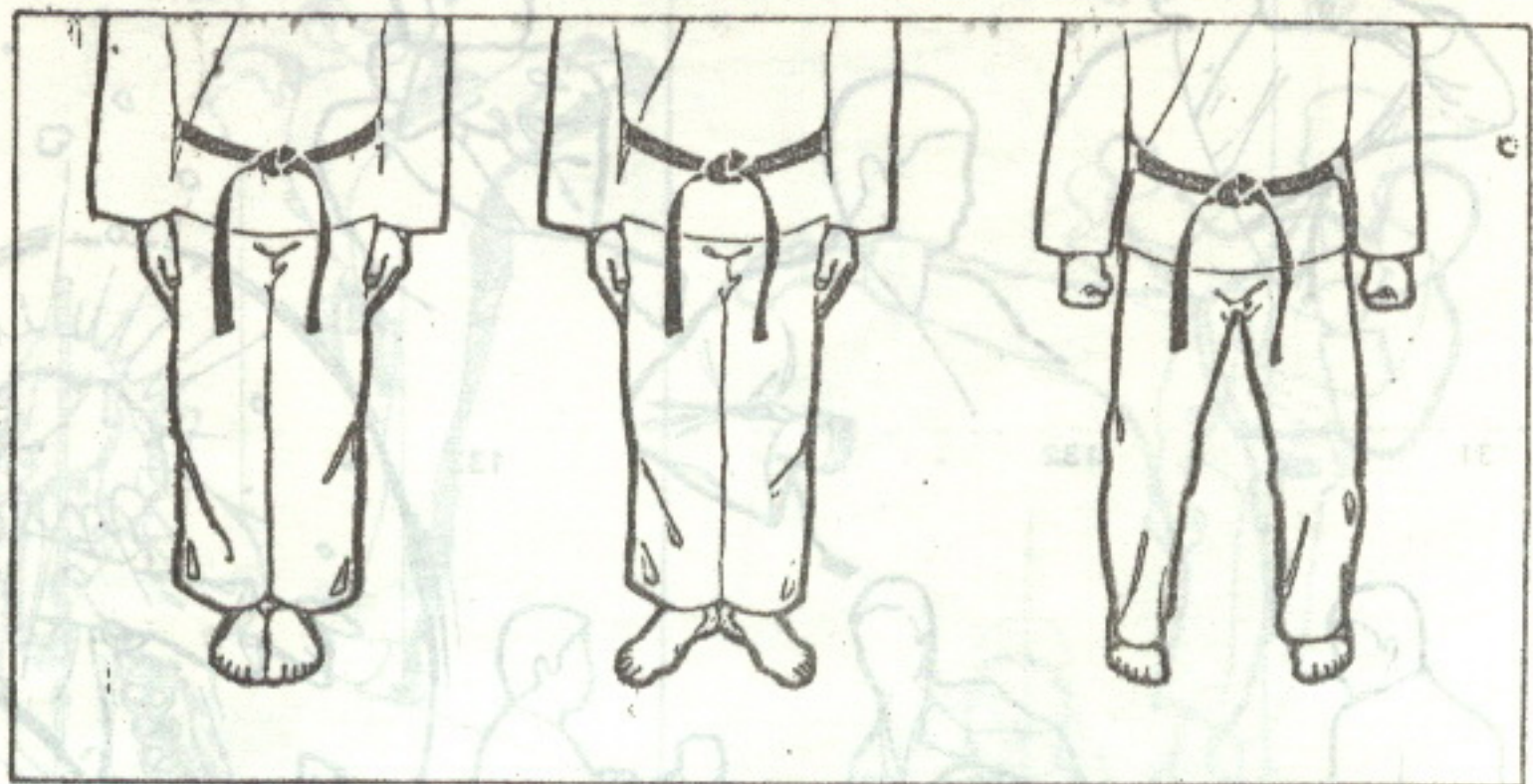
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стойки (Dachi-waza)



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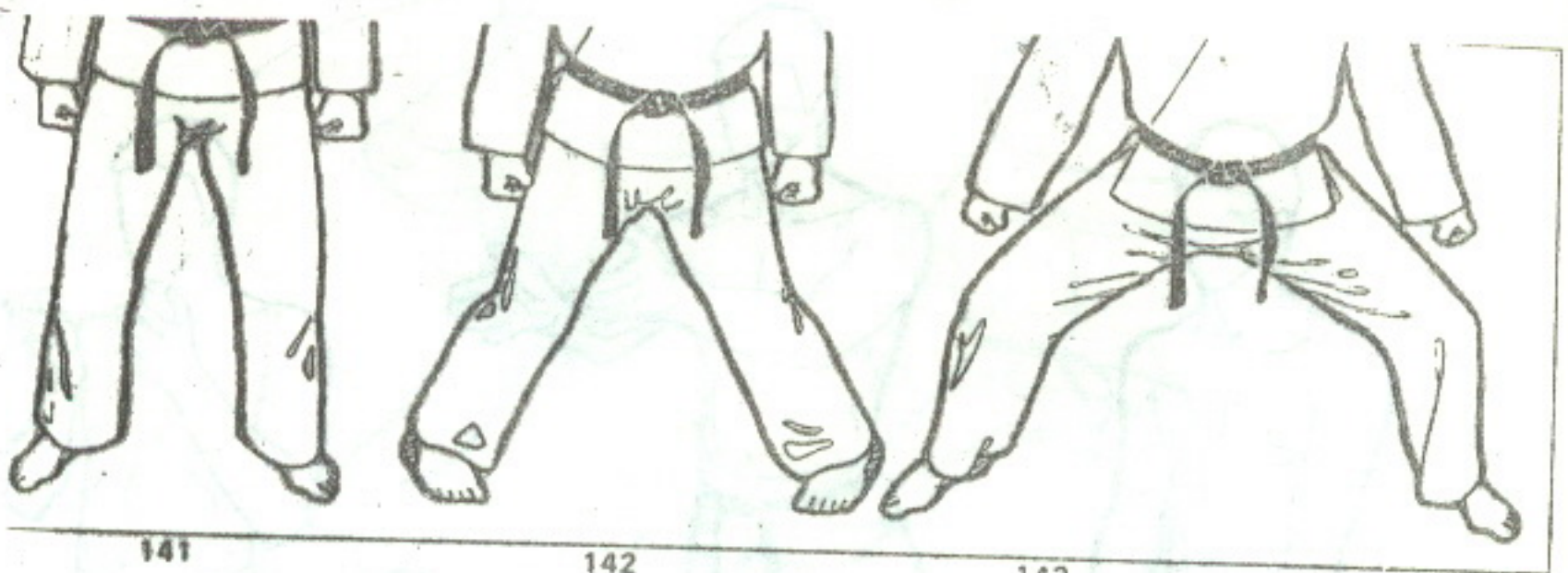
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Heisoku-dachi

Musubi-dachi

Heiko-dachi



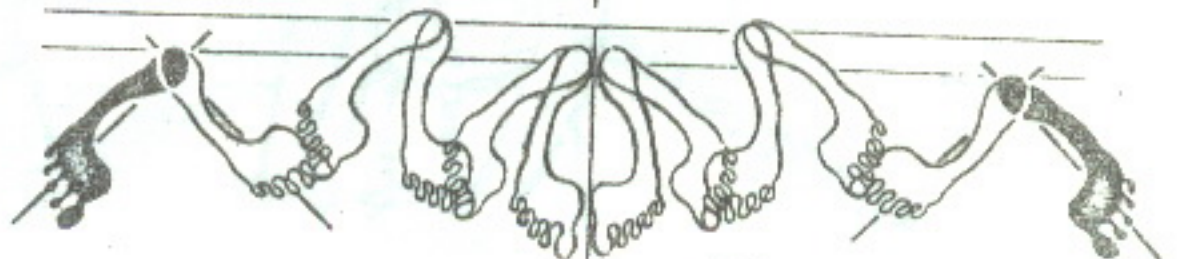
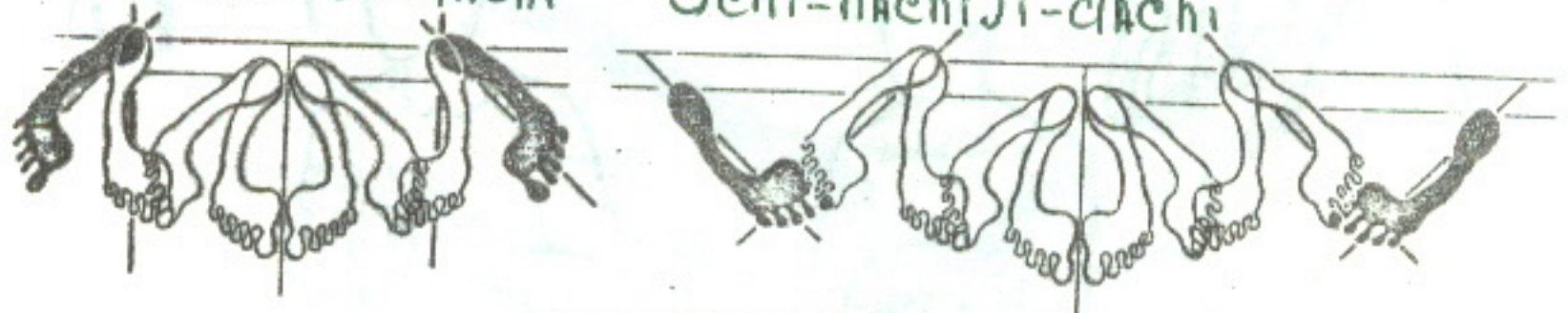
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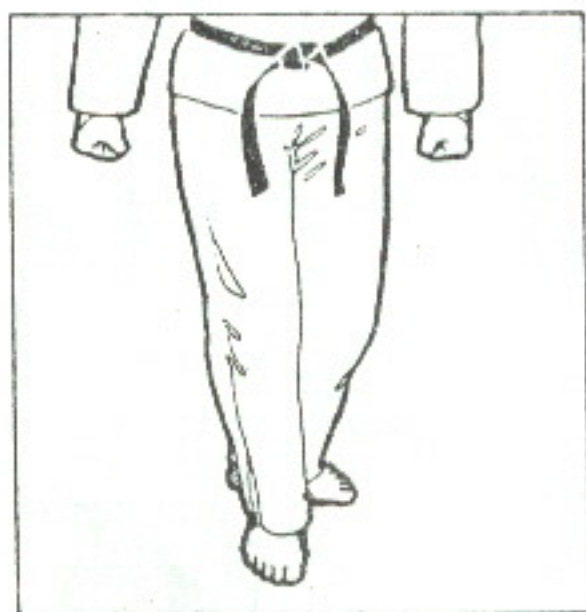
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Soto-hachiji-dachi

Uchi-hachiji-dachi

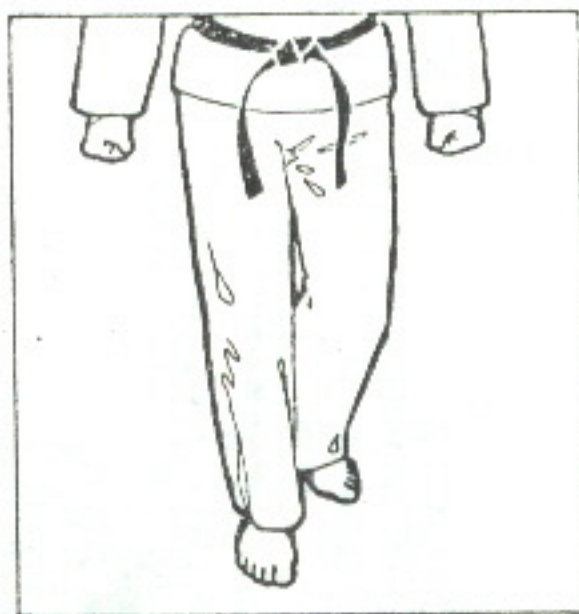


Shiko-dachi

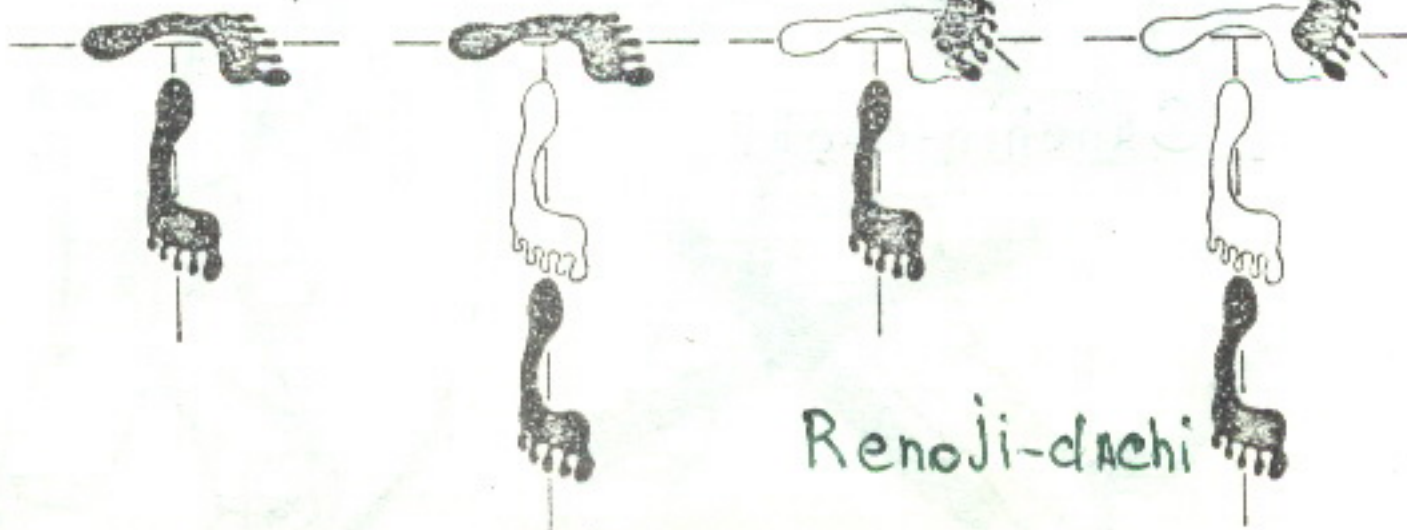


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Teiji-dachi



145



Renoji-dachi



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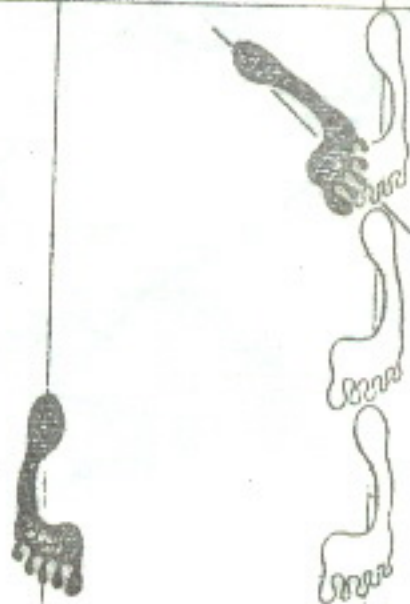
СТОЙКА
ЛУК И СТРЕЛА



147 Sanchin-dachi



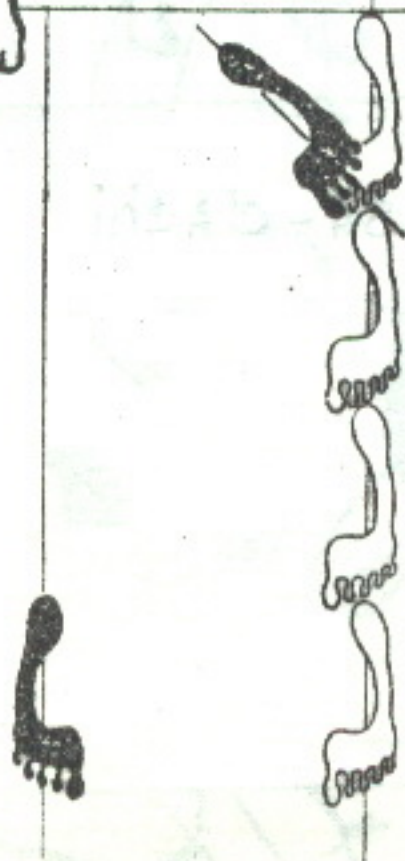
148 Hankutsu-dachi



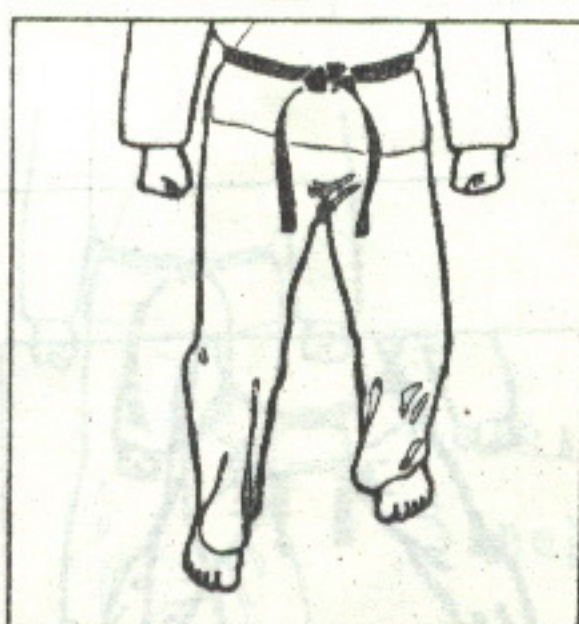


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Zenkutsu-dachi

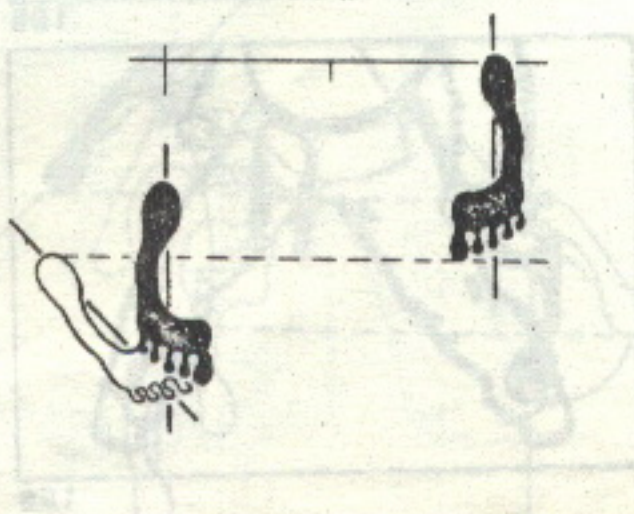


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Zuri-Ashi-dachi



Neko-Ashi-dachi



152

Sagi-Ashi-dachi

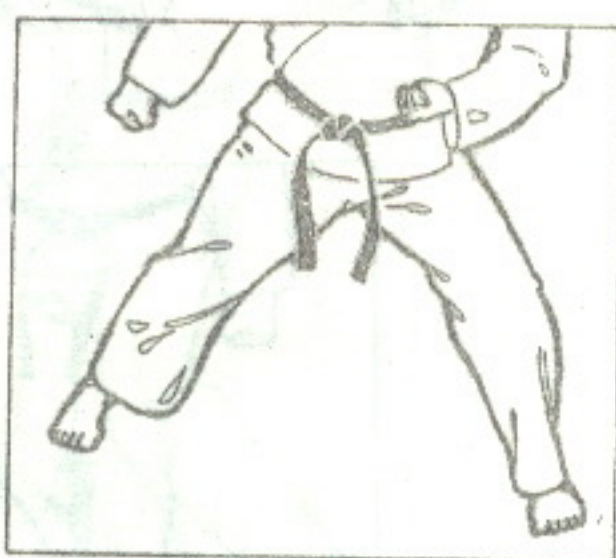
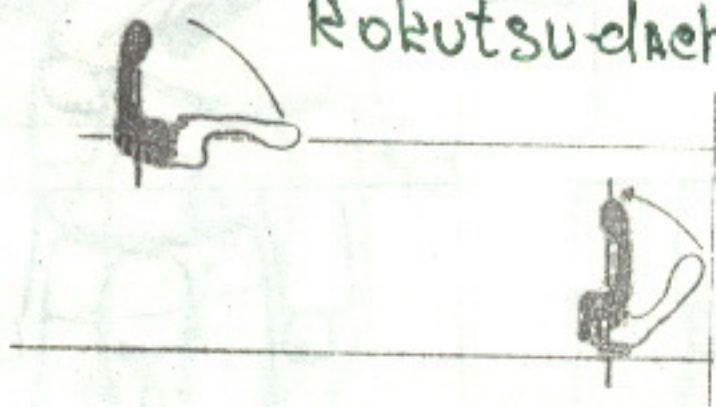


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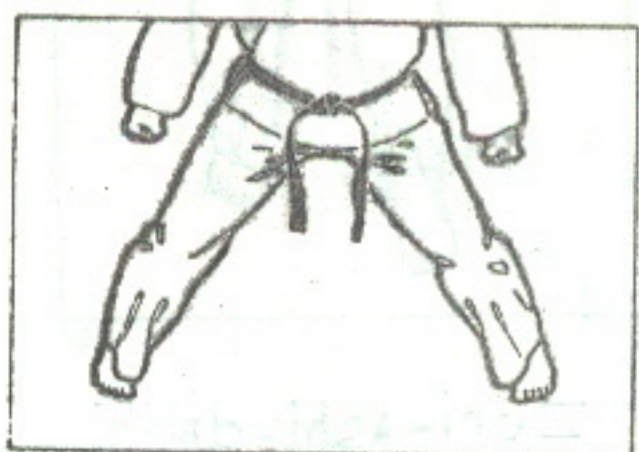
Kosa-dachi



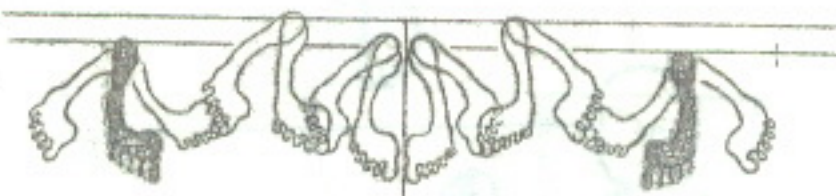
Kokutsu-dachi



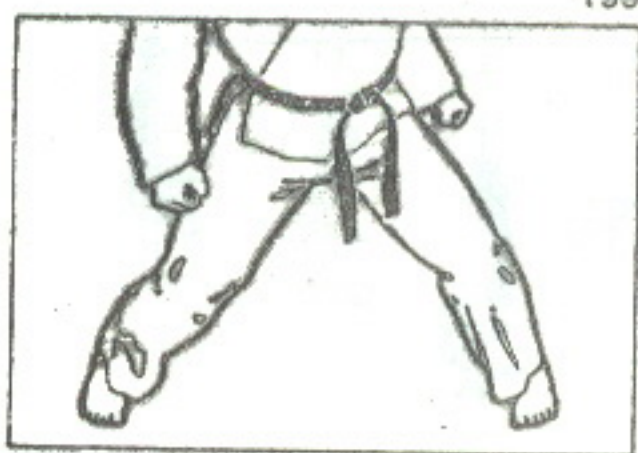
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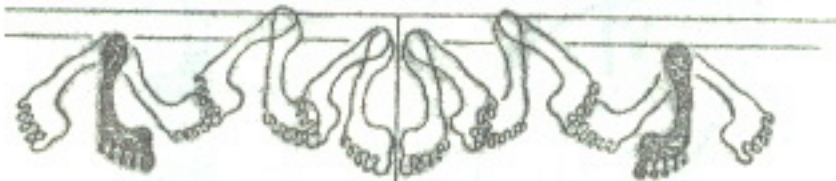
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Riba-dachi

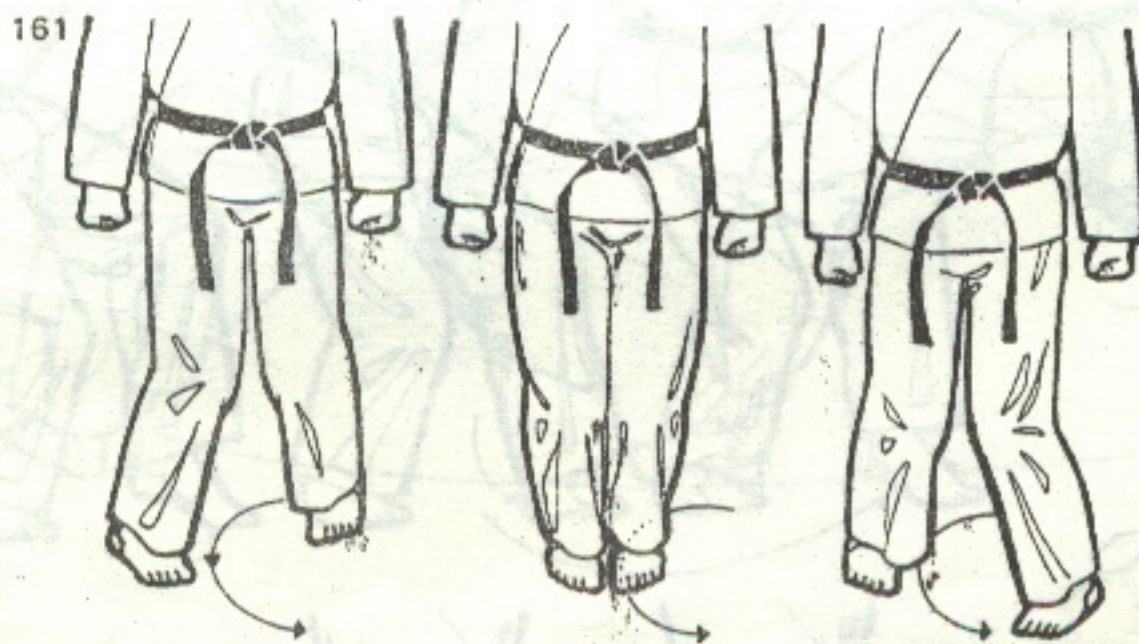
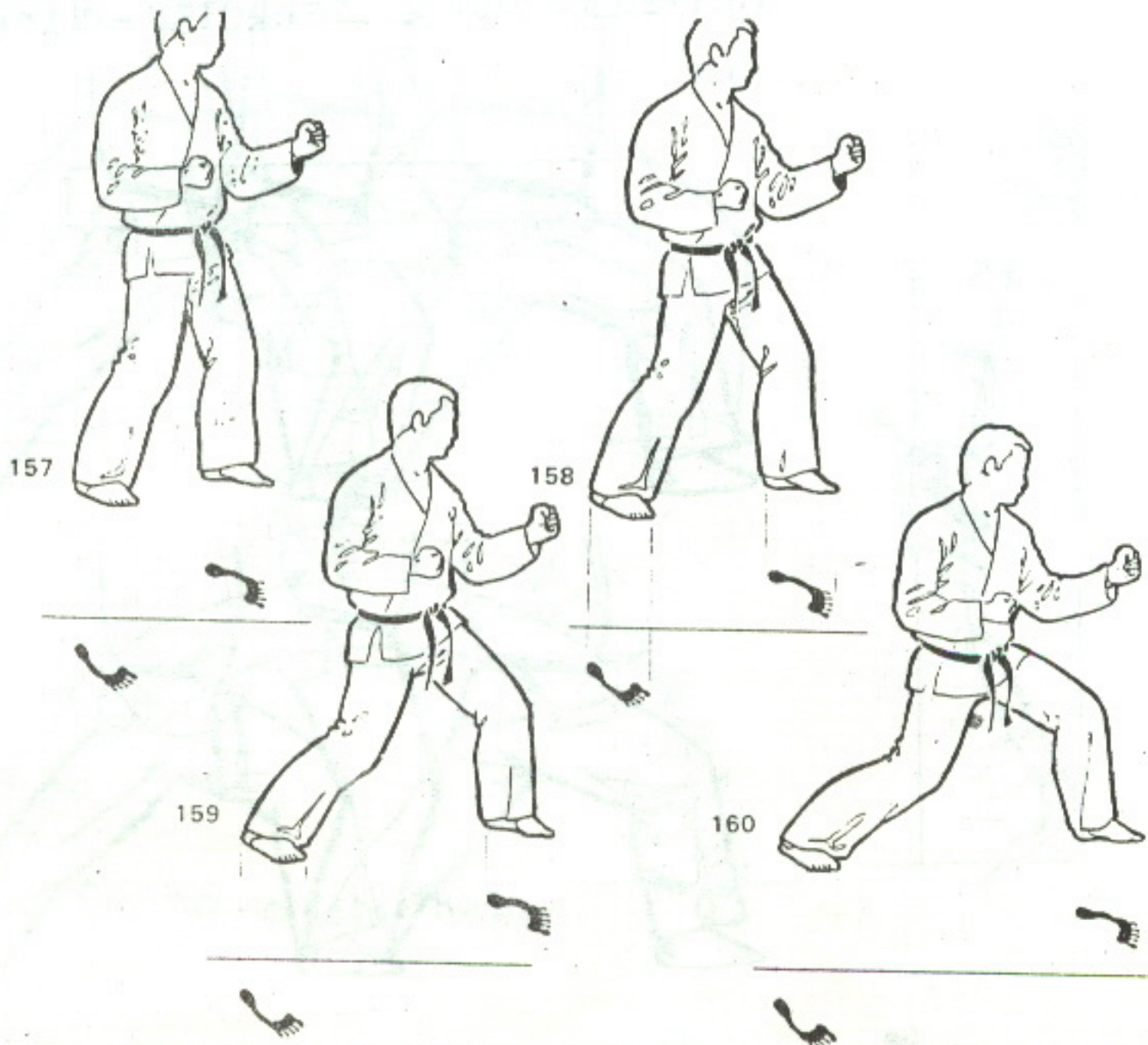


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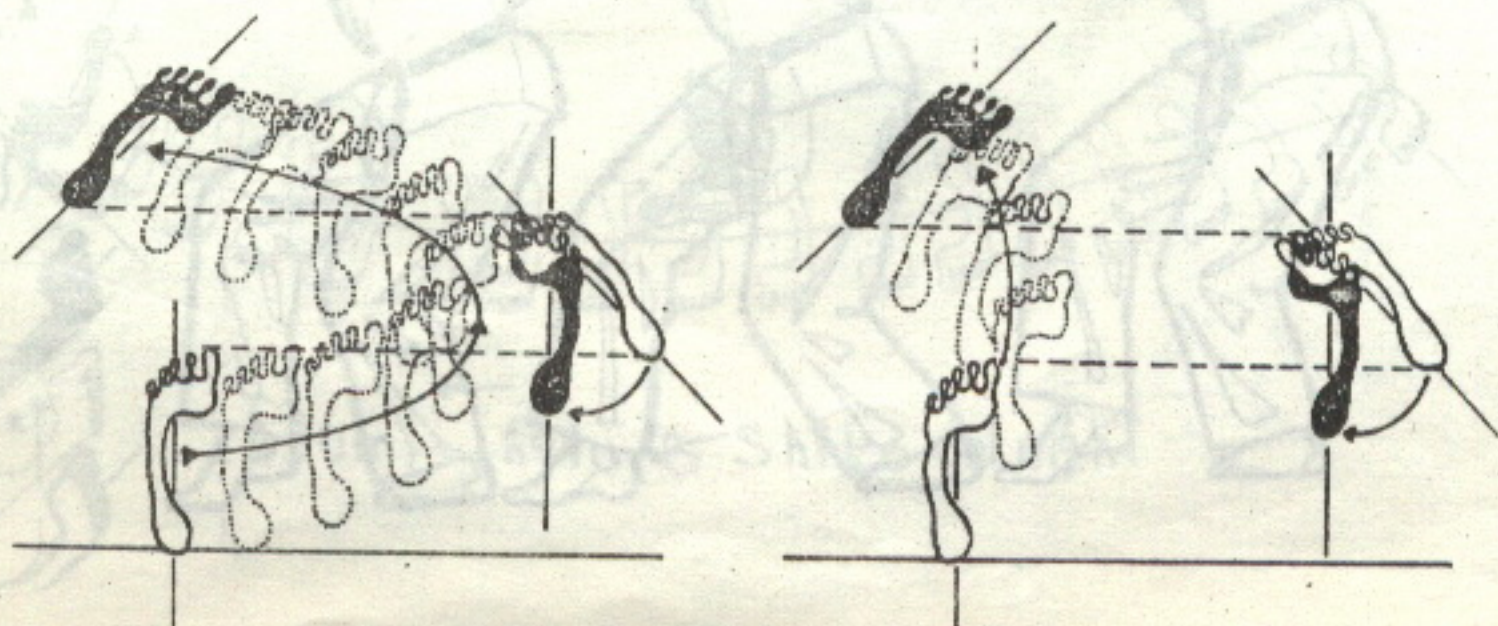


Sochin-dachi

Вольные боевые стойки

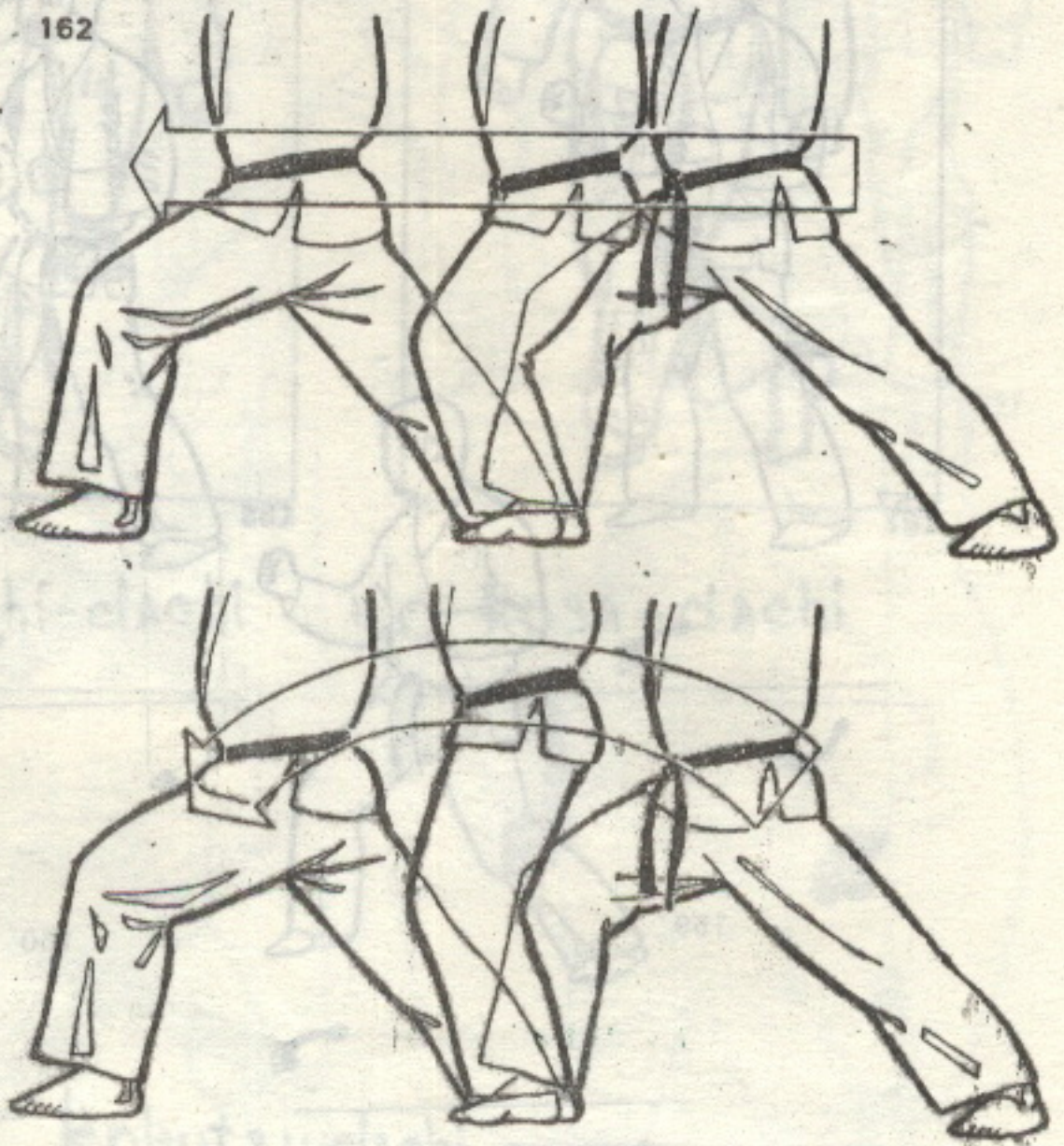
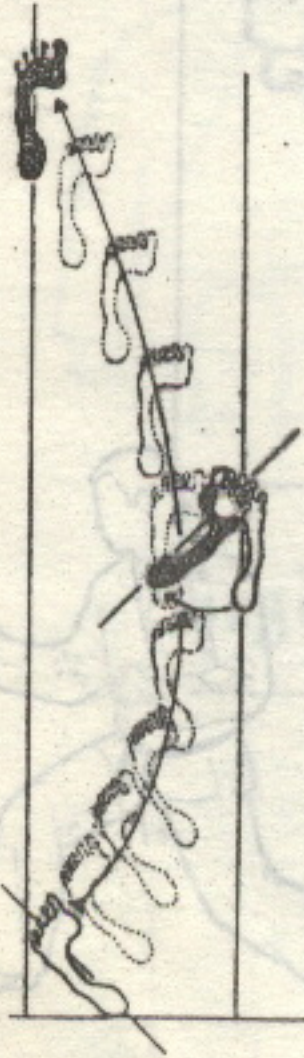


Передвижение в
Sanchin-dachi



Передвижение в Zenkutsu-dachi

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Neko-ashi-dachi-boko

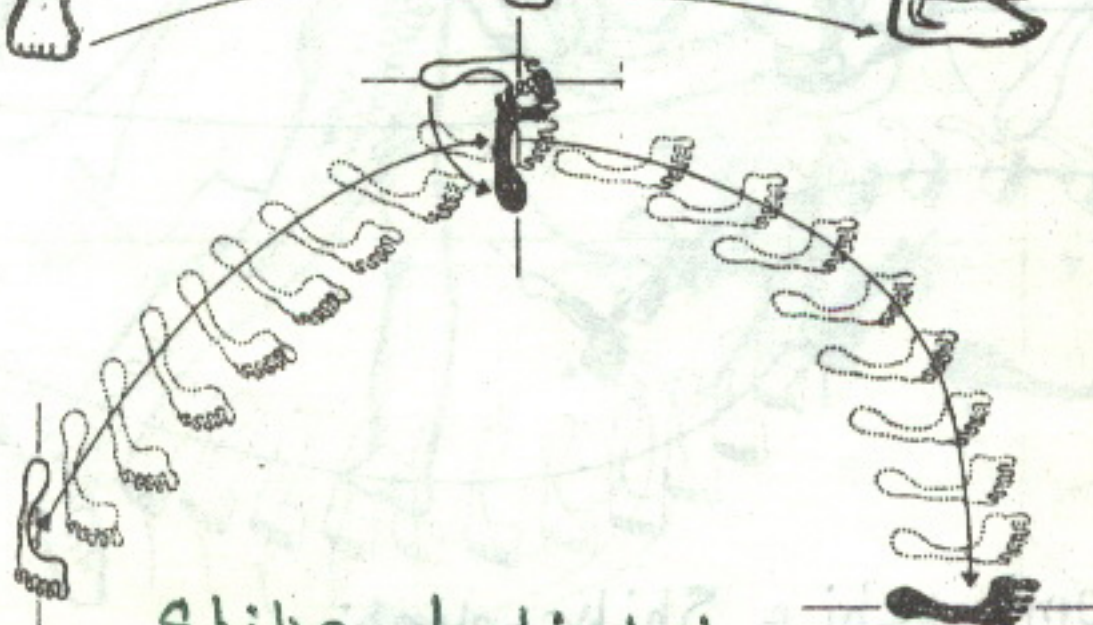
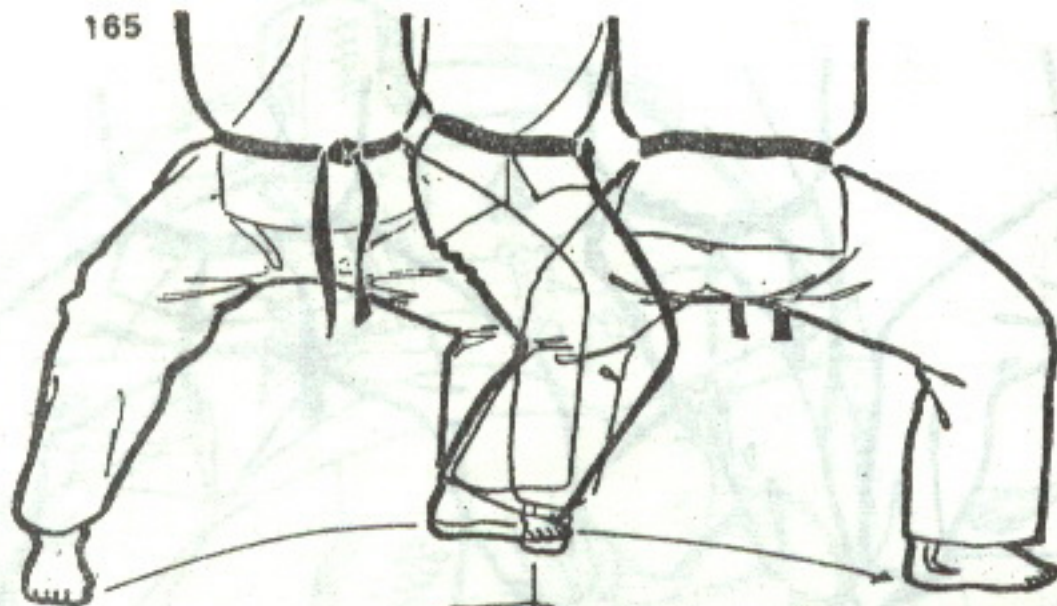
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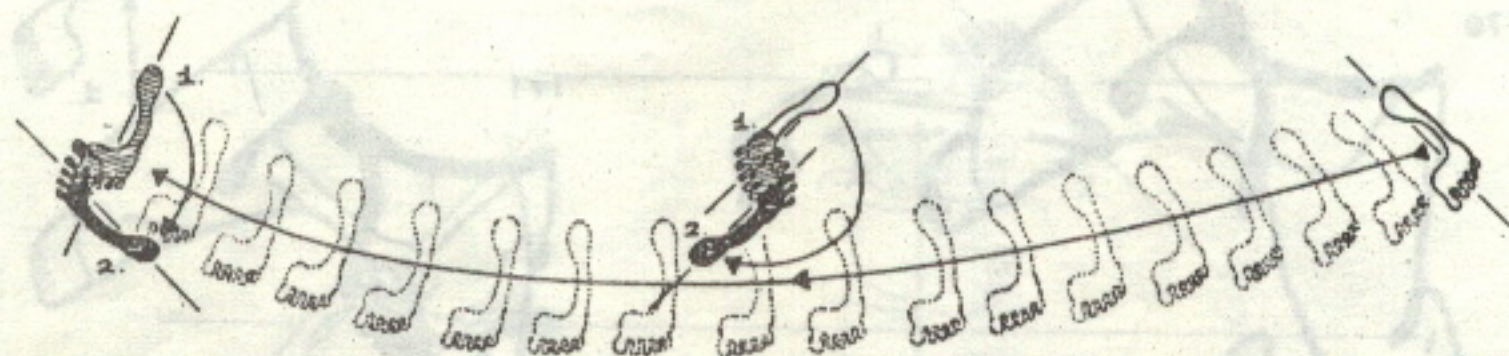
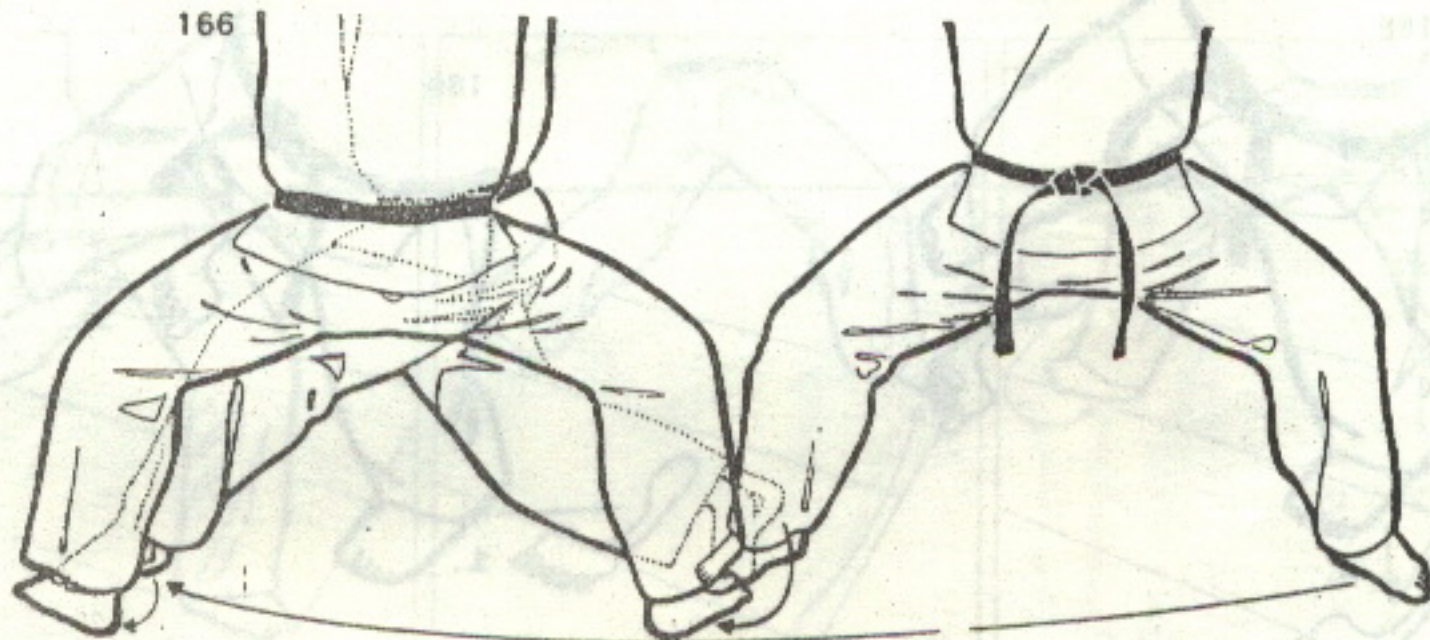


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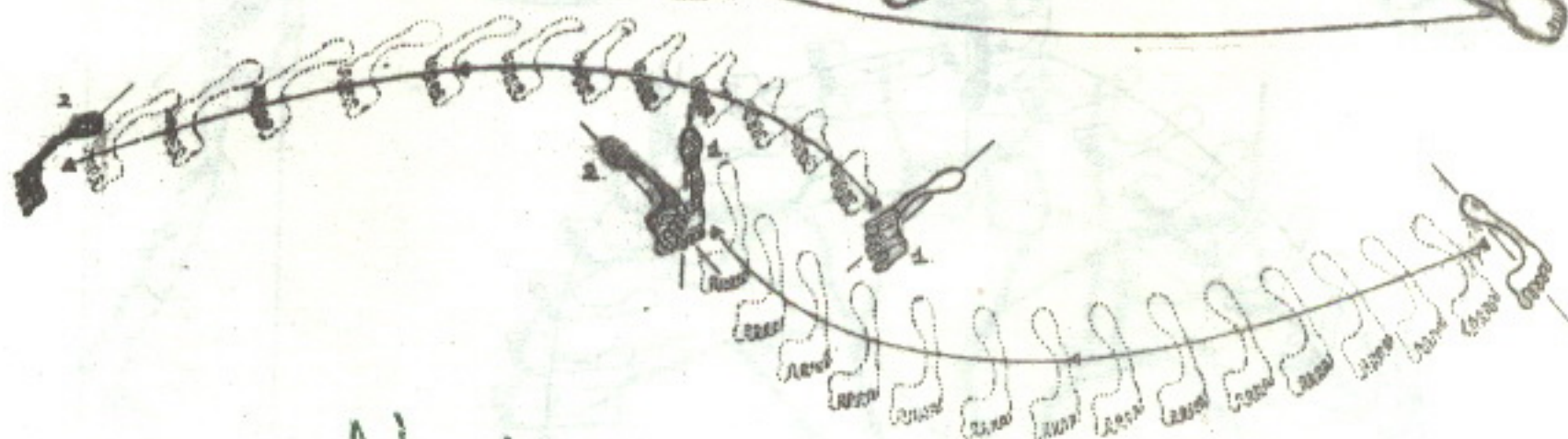


Shiko-dachi-hoko

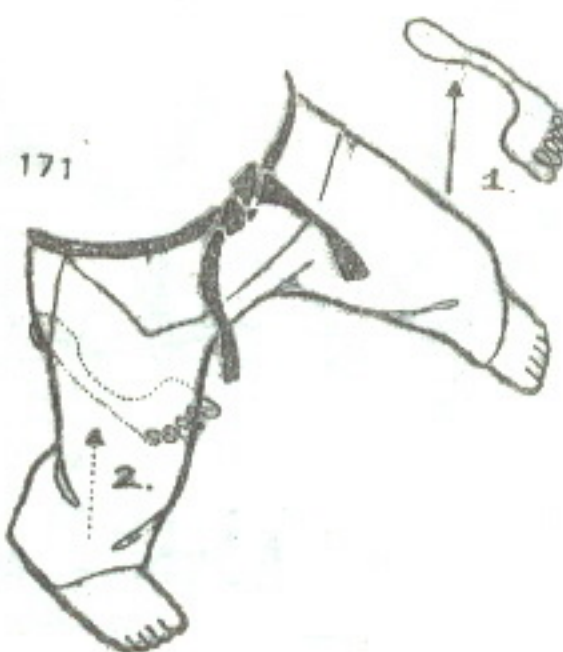
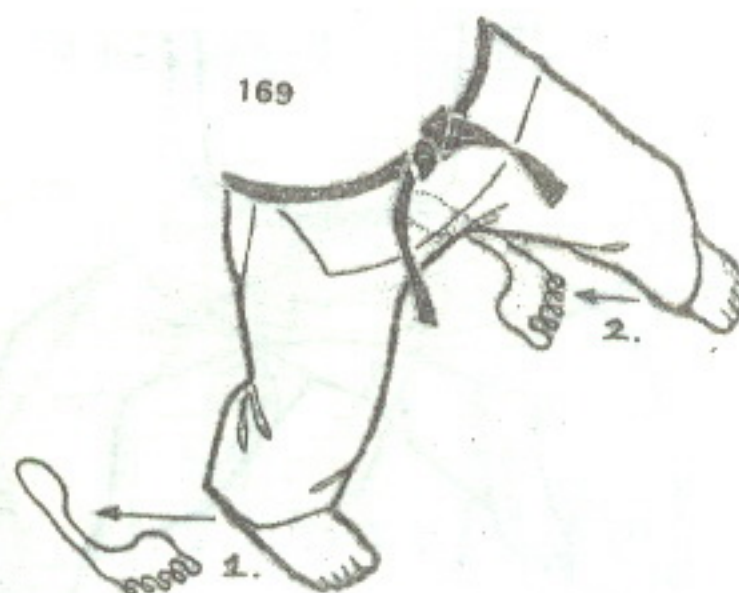
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Ajumi - Ashi B Shiko-dachi



Ajumi-Ashi B Shiko-claehi

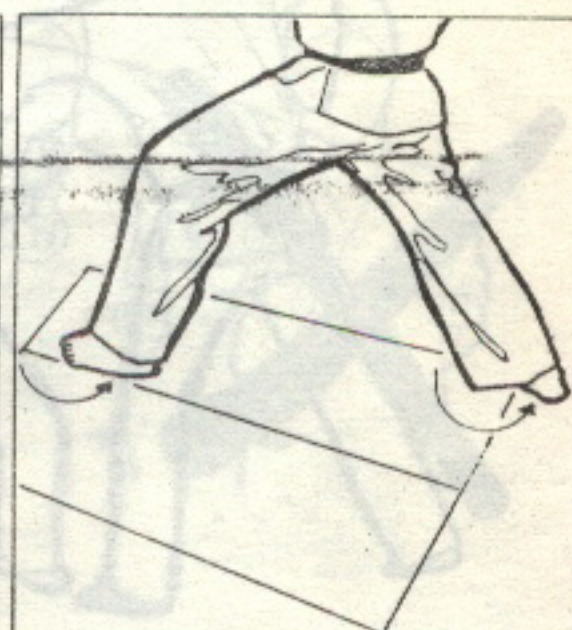
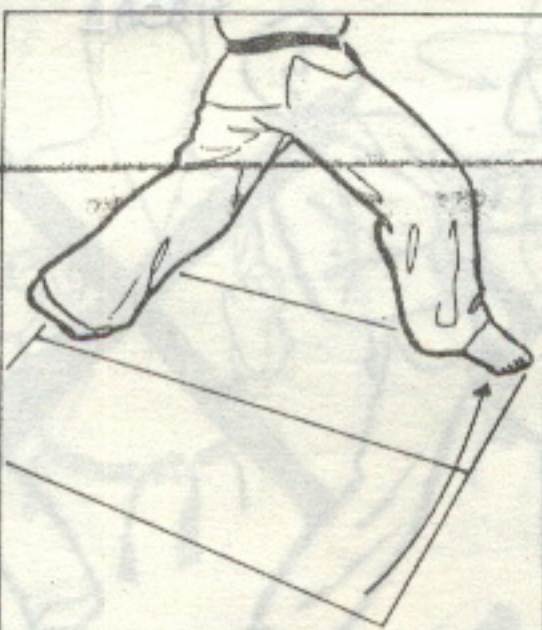
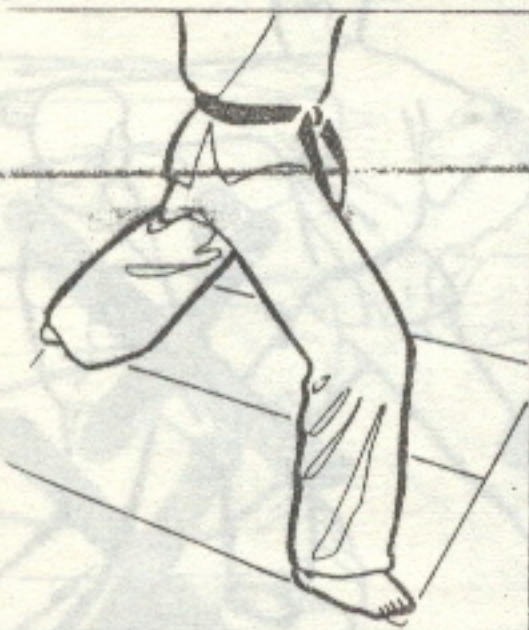




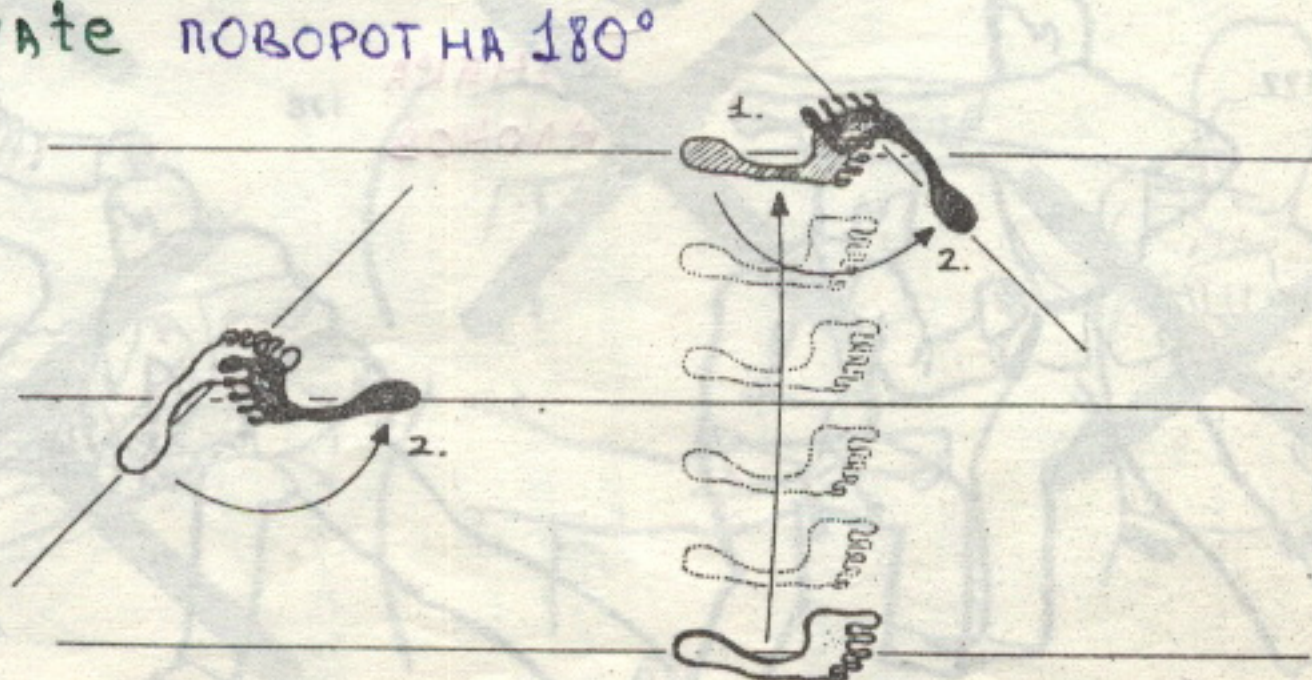
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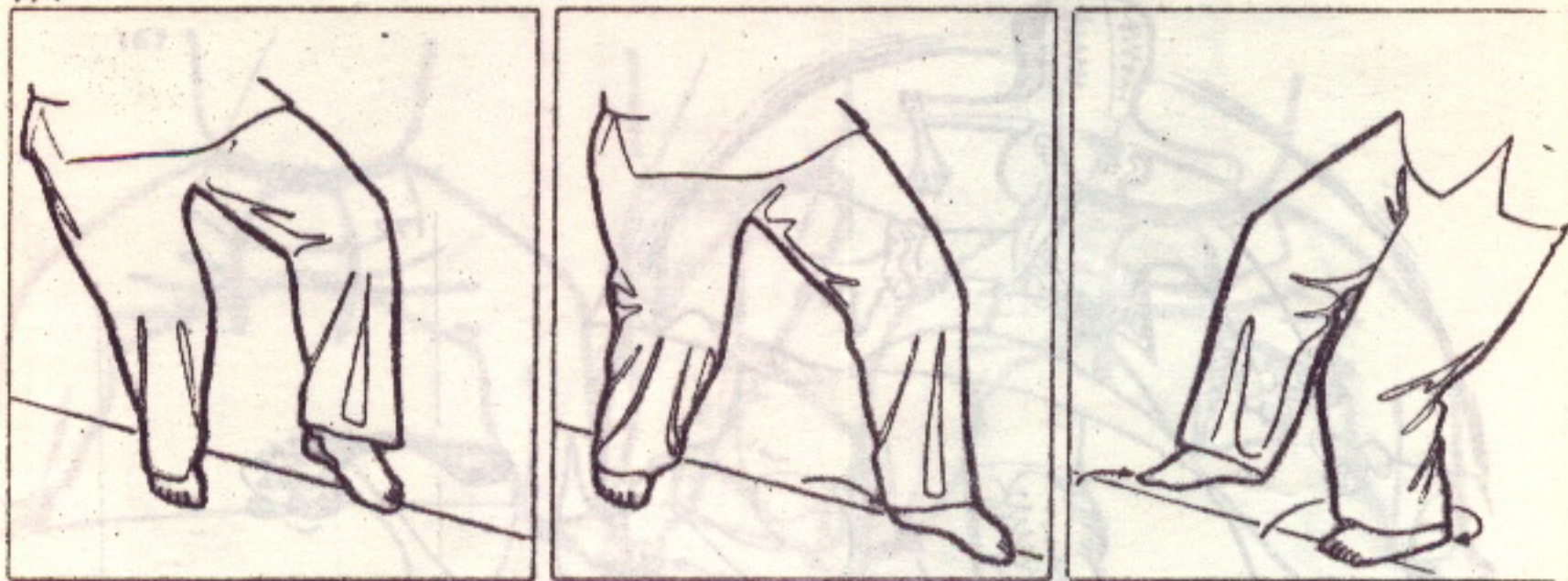


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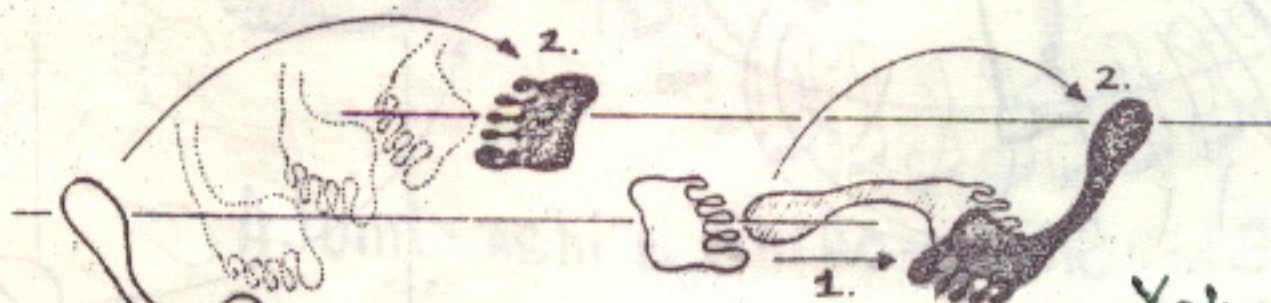


Мавате поворот на 180°





Mawate

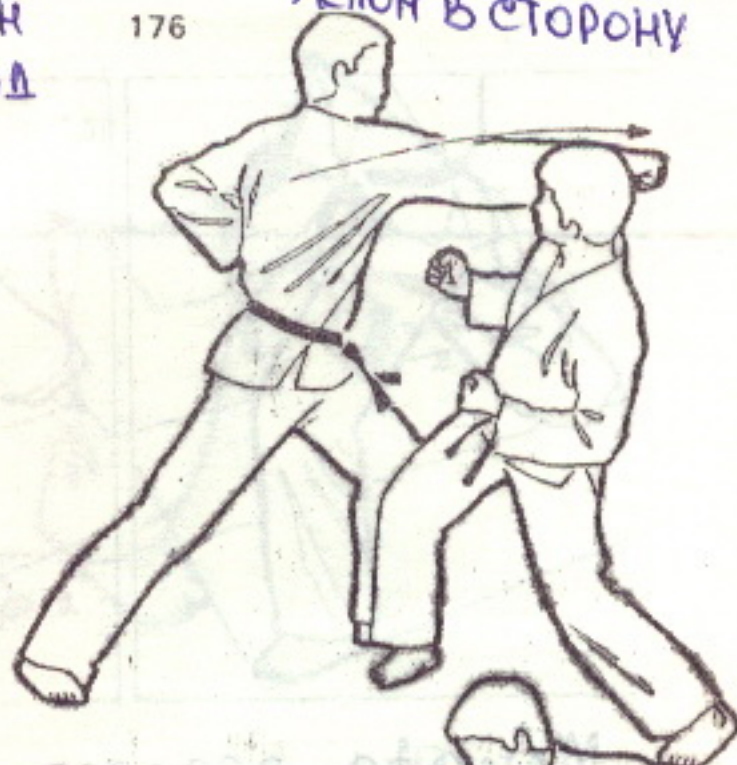


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Mae-sori-mi УКЛОМ
НАЗАД

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Yoko-furi-mi
УКЛОМ В СТОРОНУ



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Техника
УКЛОМОВ

178



Otoshi-mi УКЛОМ
СТЕПАНИЕМ НОГ

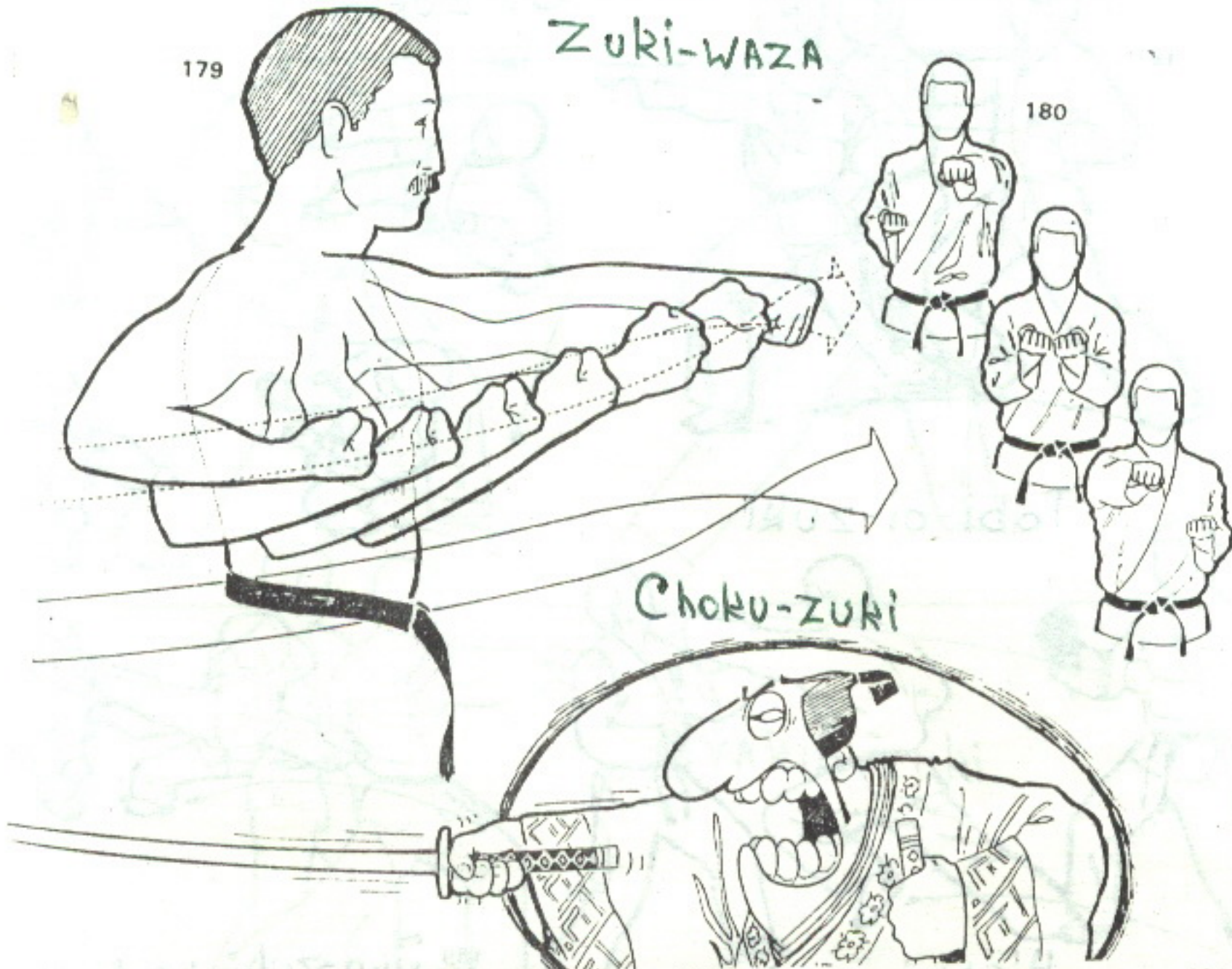
Tobi-mi УКЛОМ ПРЫЖКОМ

Прямые удары кулаком

Zuki-waza

179

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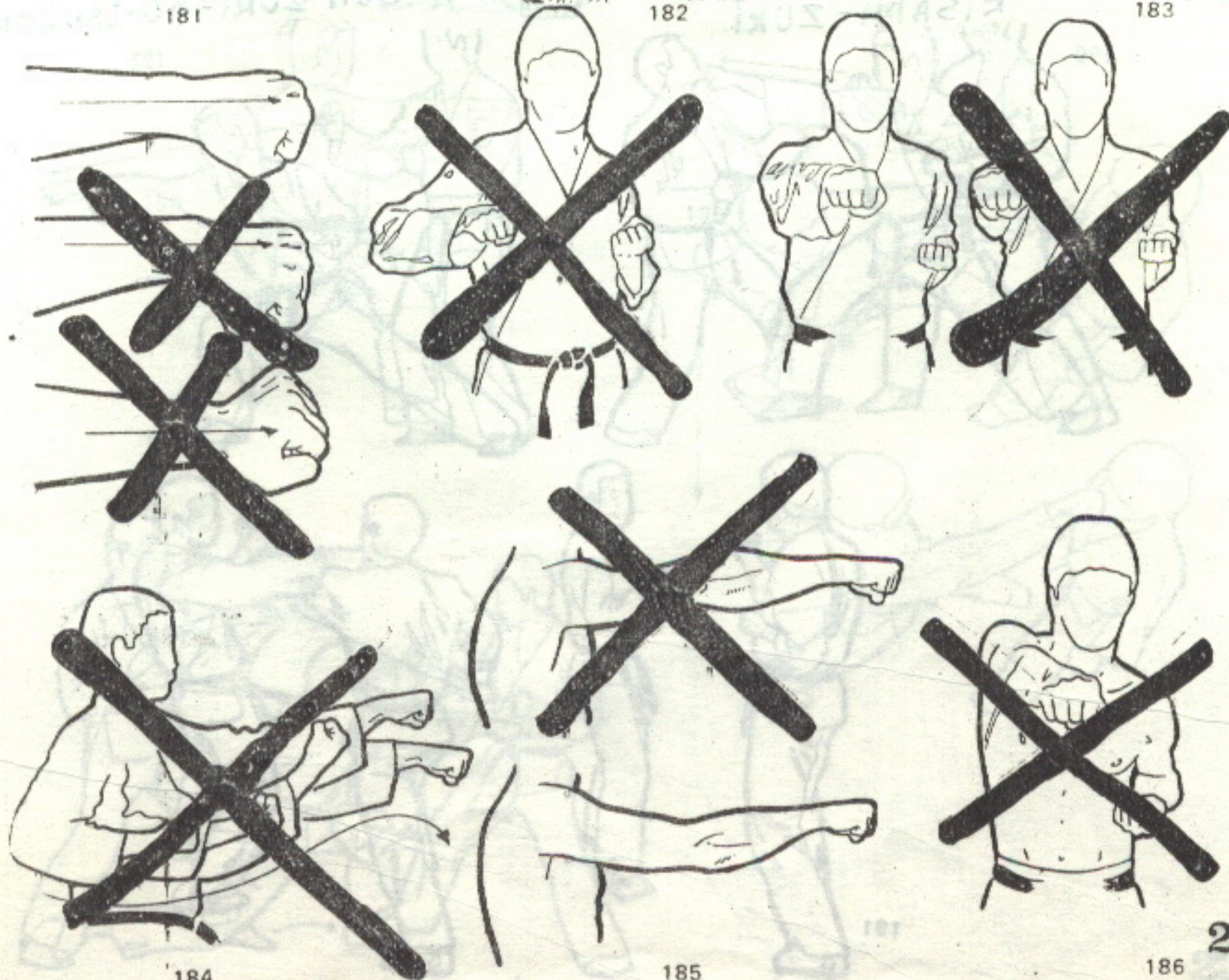


Choku-zuki

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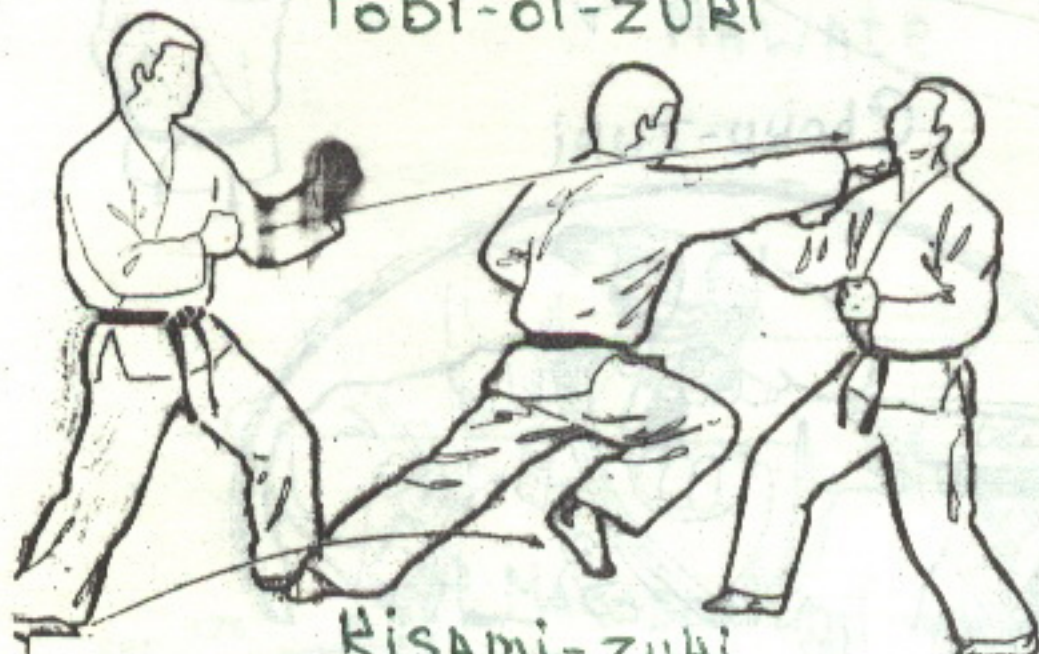
186



Oi-zuki



Tobi-oi-zuki



Kisami-zuki

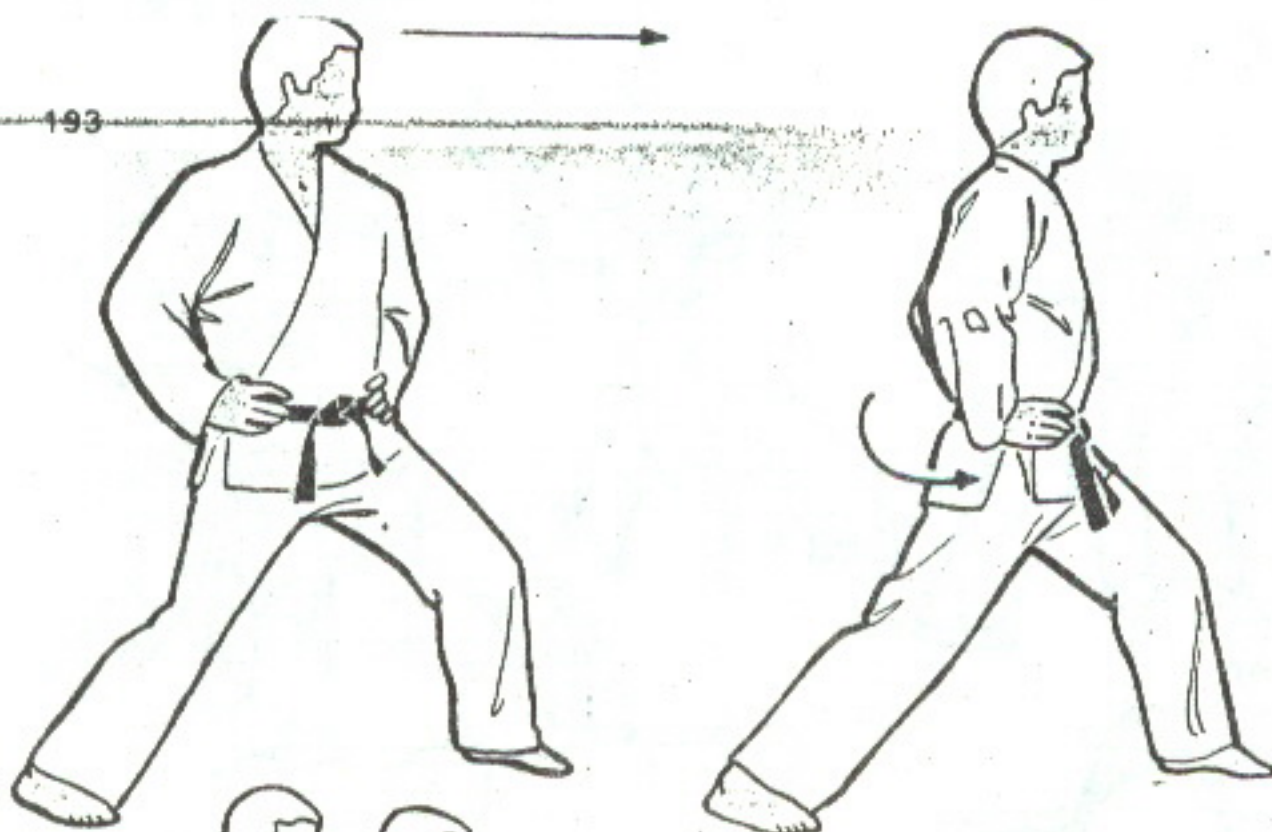


189 Jun-zuki-no-tsukomi



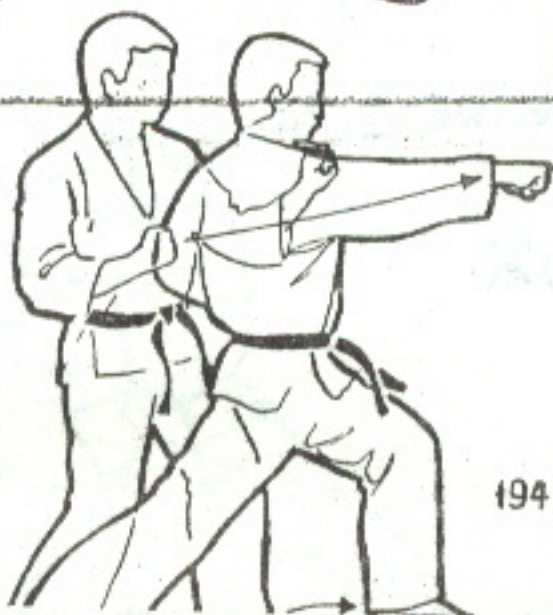
Nagachi-zuki

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GYAKU-ZUKI

194

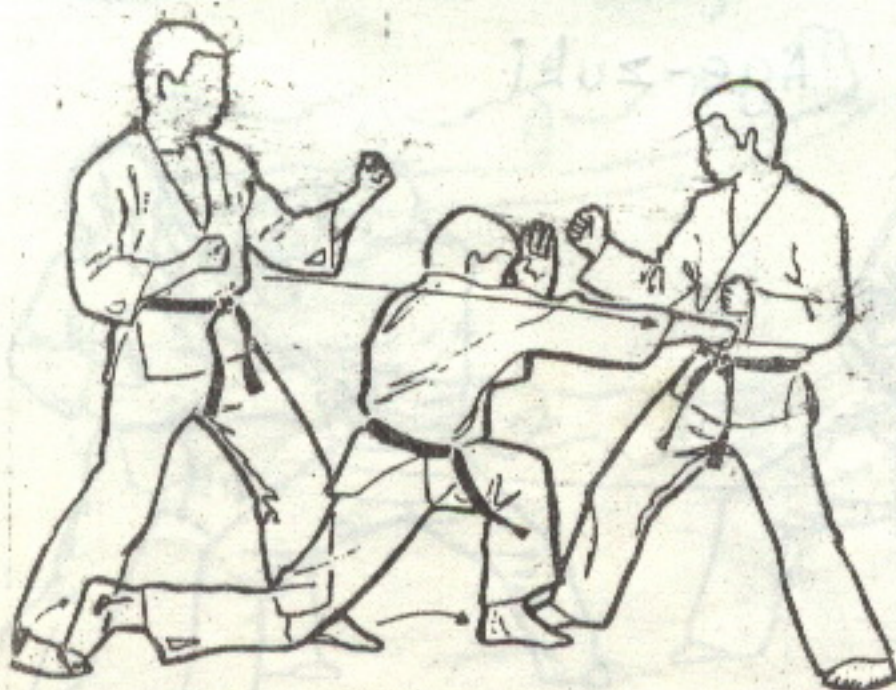
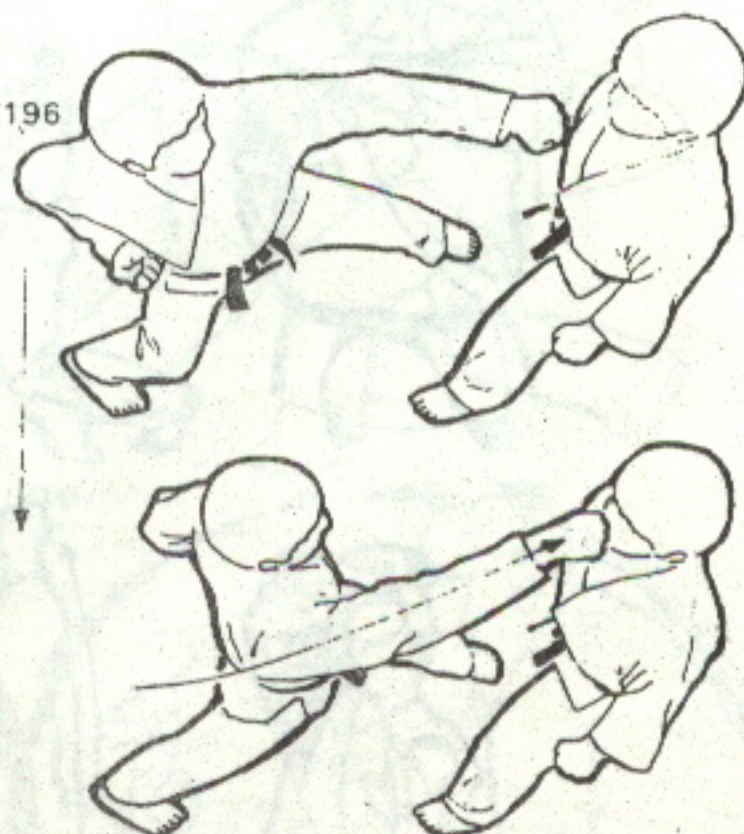


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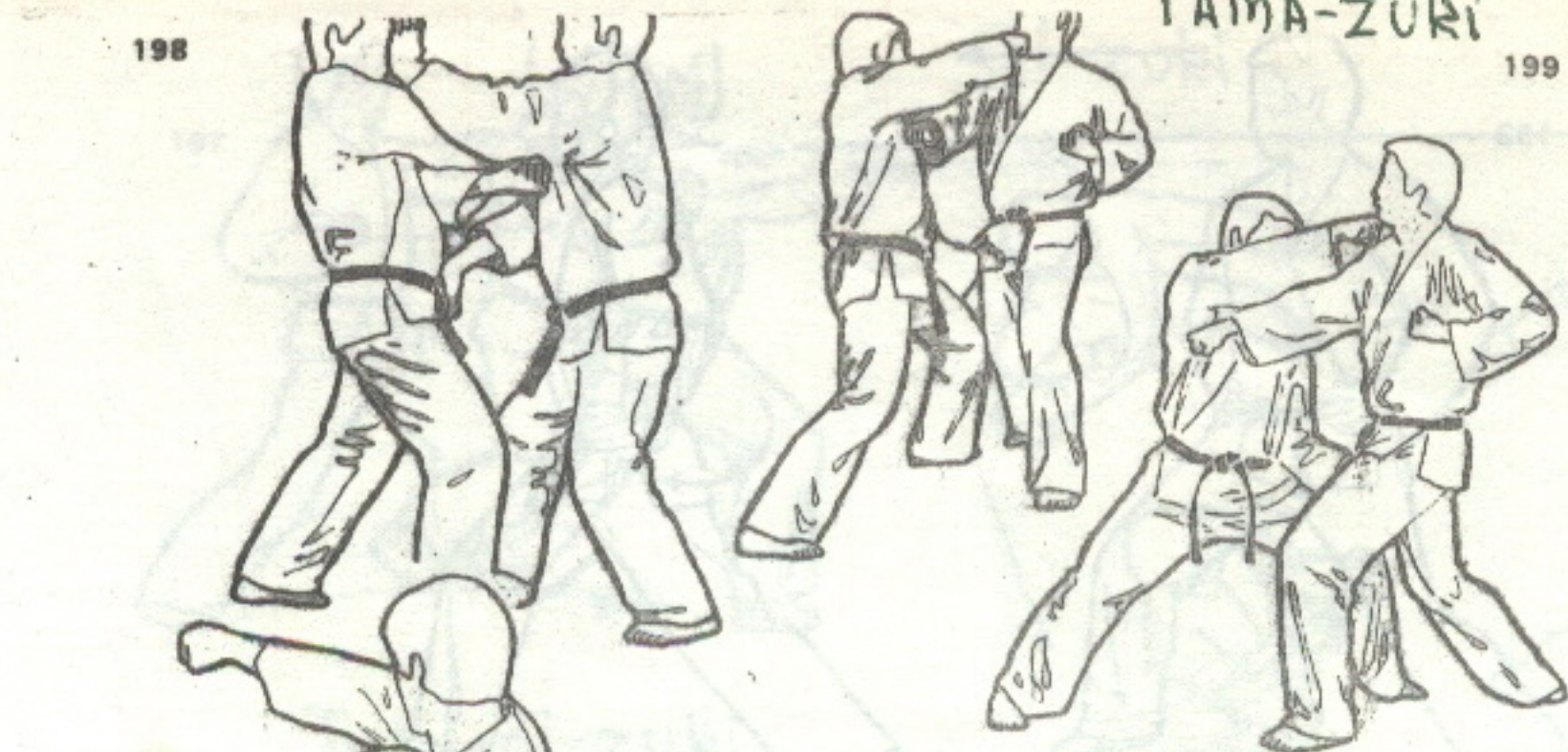


Ren-zuki

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Heiko-zuki

HASAMI-ZUKI



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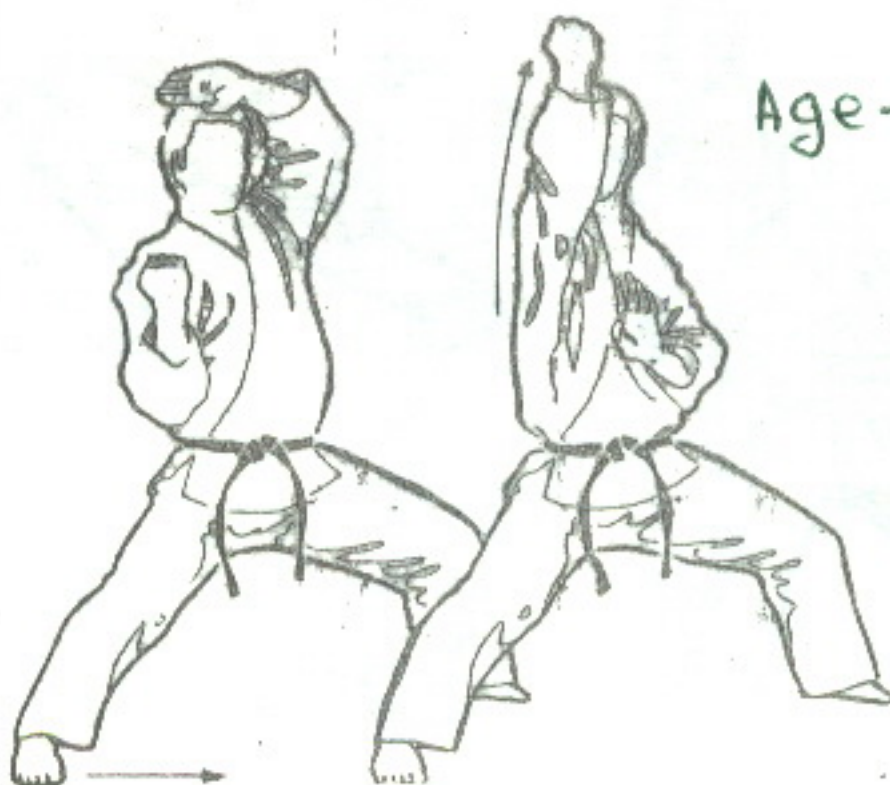
Kagi-zuki



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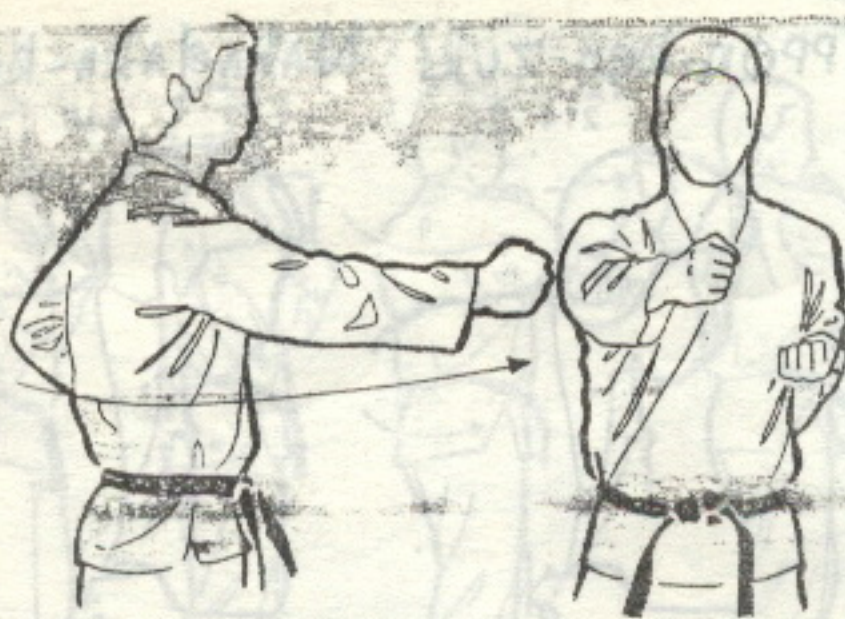


Age-zuki



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206

Tate-zuki



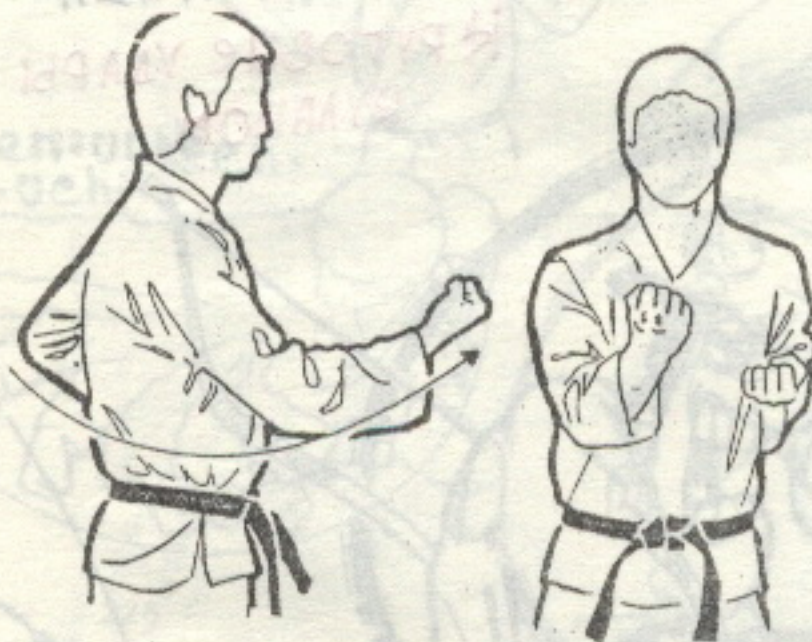
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Shita-zuki



209

(Ura-zuki)



210



211



212



Teisho-zuki 213



Hukite



216

Ippon-ken-zuki 214 NAKADAKA-ken-zuki 215



Ippon-zuki



217



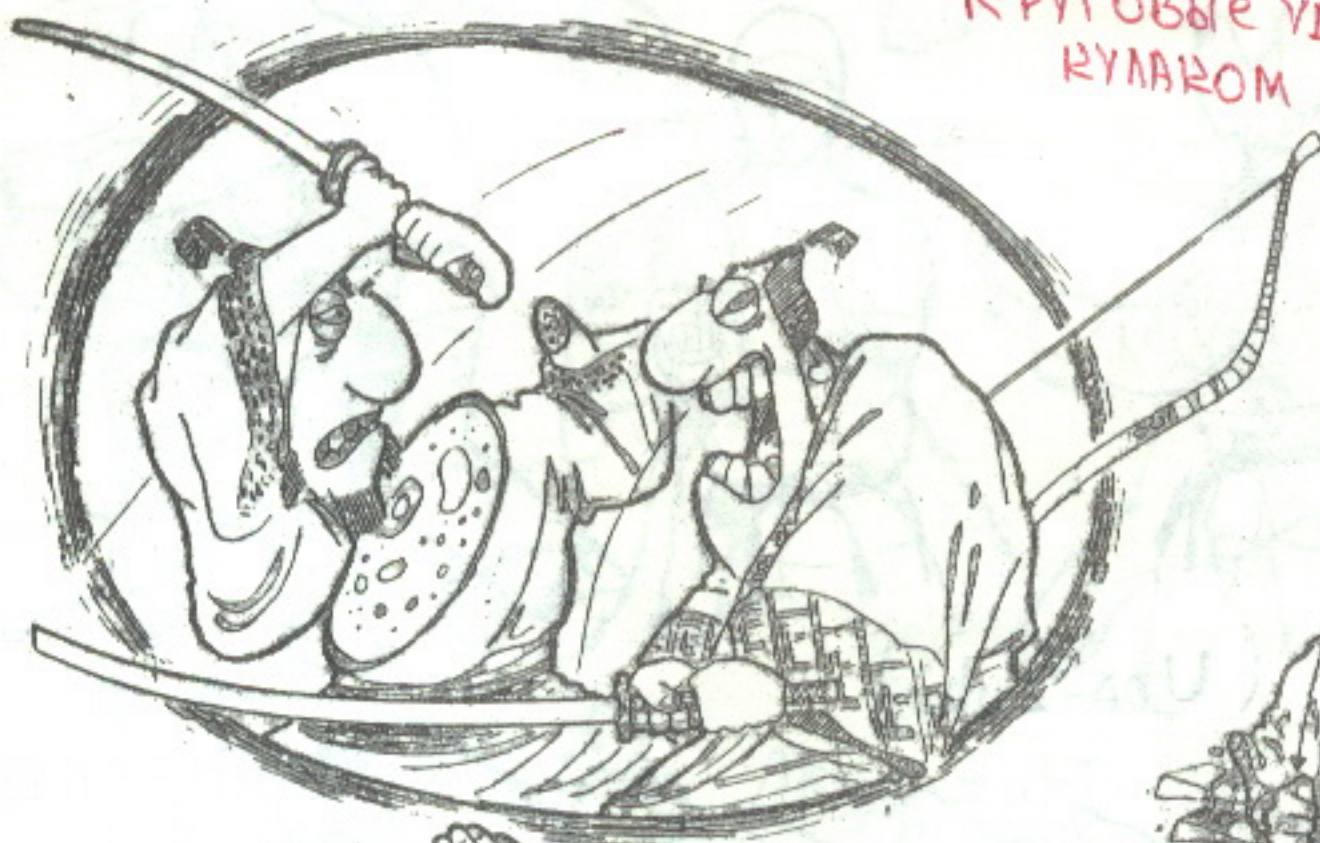
Nihon-zuki



218

Uchi-waza

КРУГОВЫЕ УДАРЫ
КУЛАКОМ



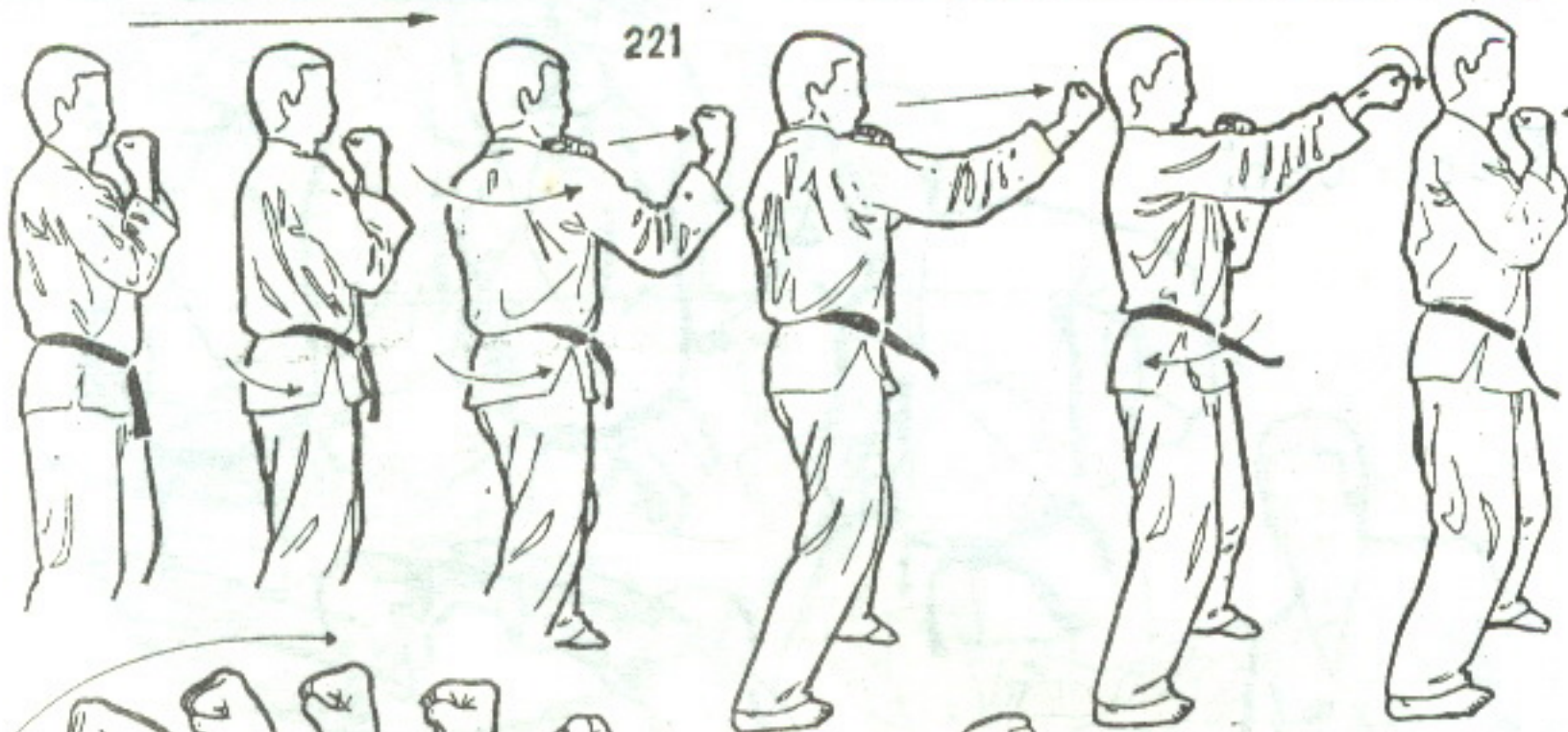
219

Otoshi-uchi



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Shomen-uraken-uchi



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SAYU-uraken-uchi



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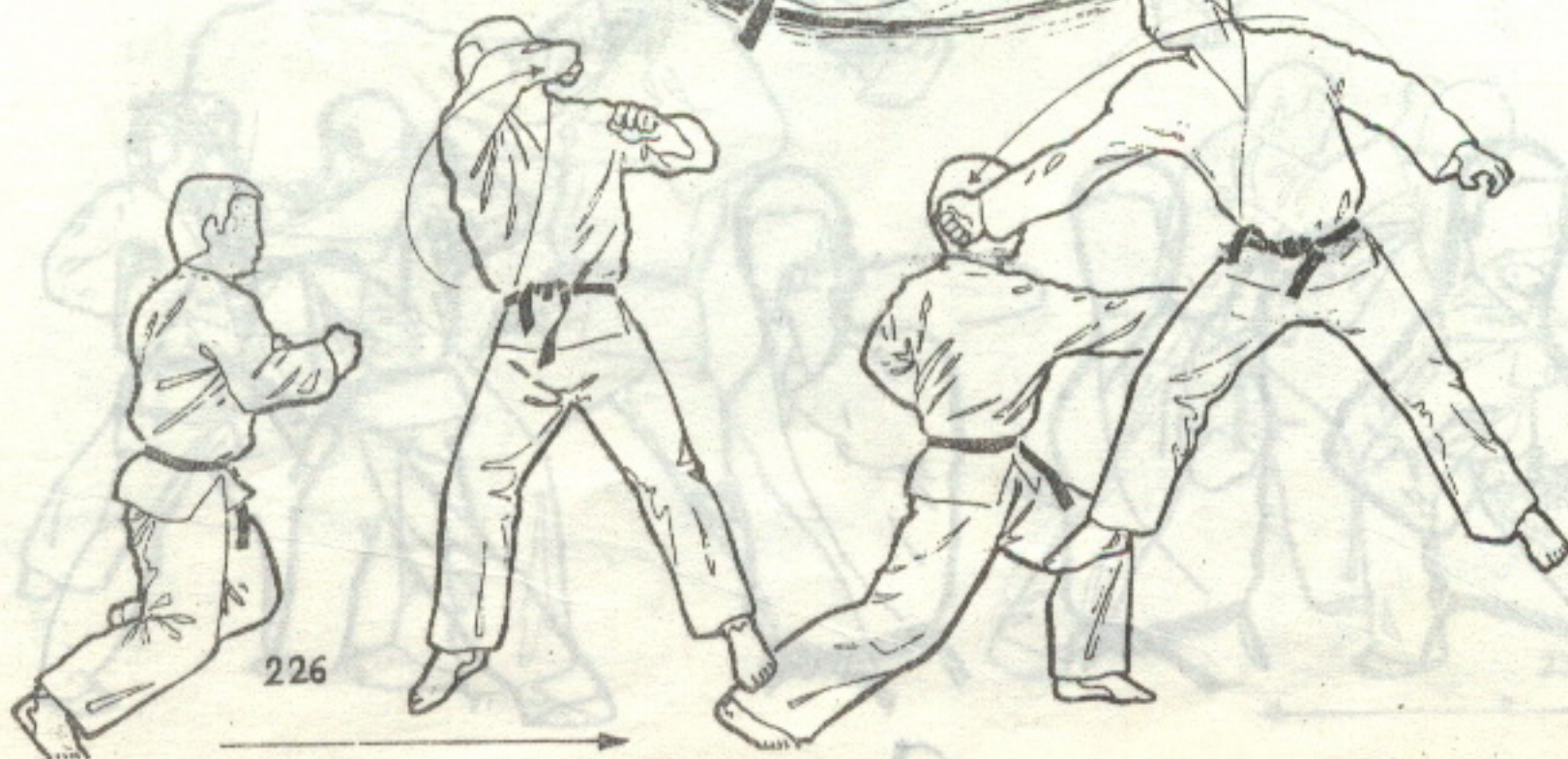
Yokomen-uraken-uchi



225



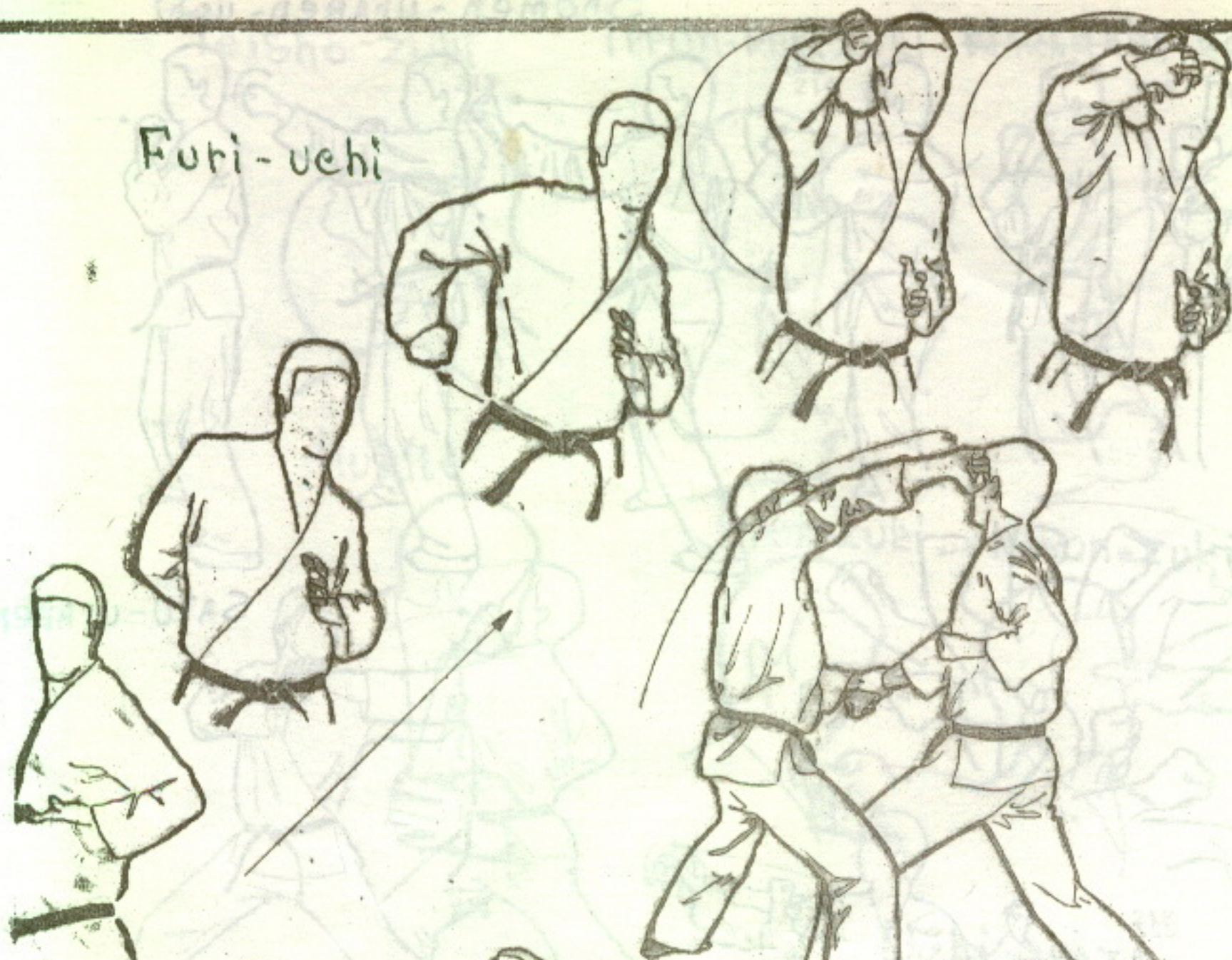
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Tobi-Yokomen-uraken-uchi

Furi-uchi

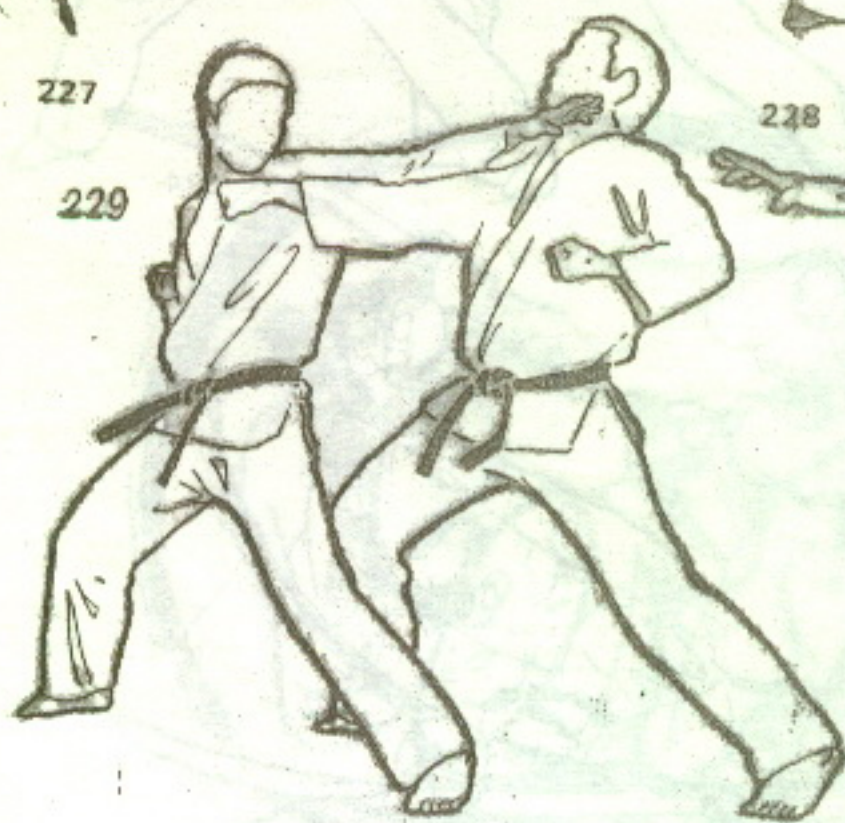


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Yokomen-shuto-uchi



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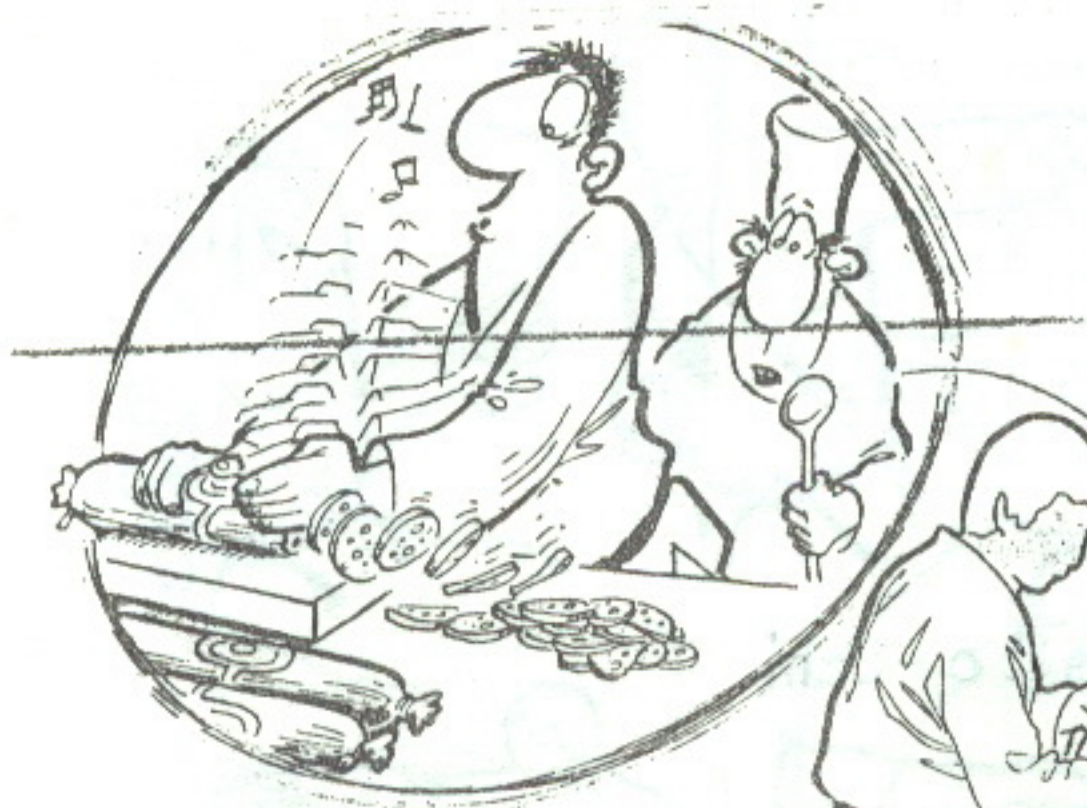


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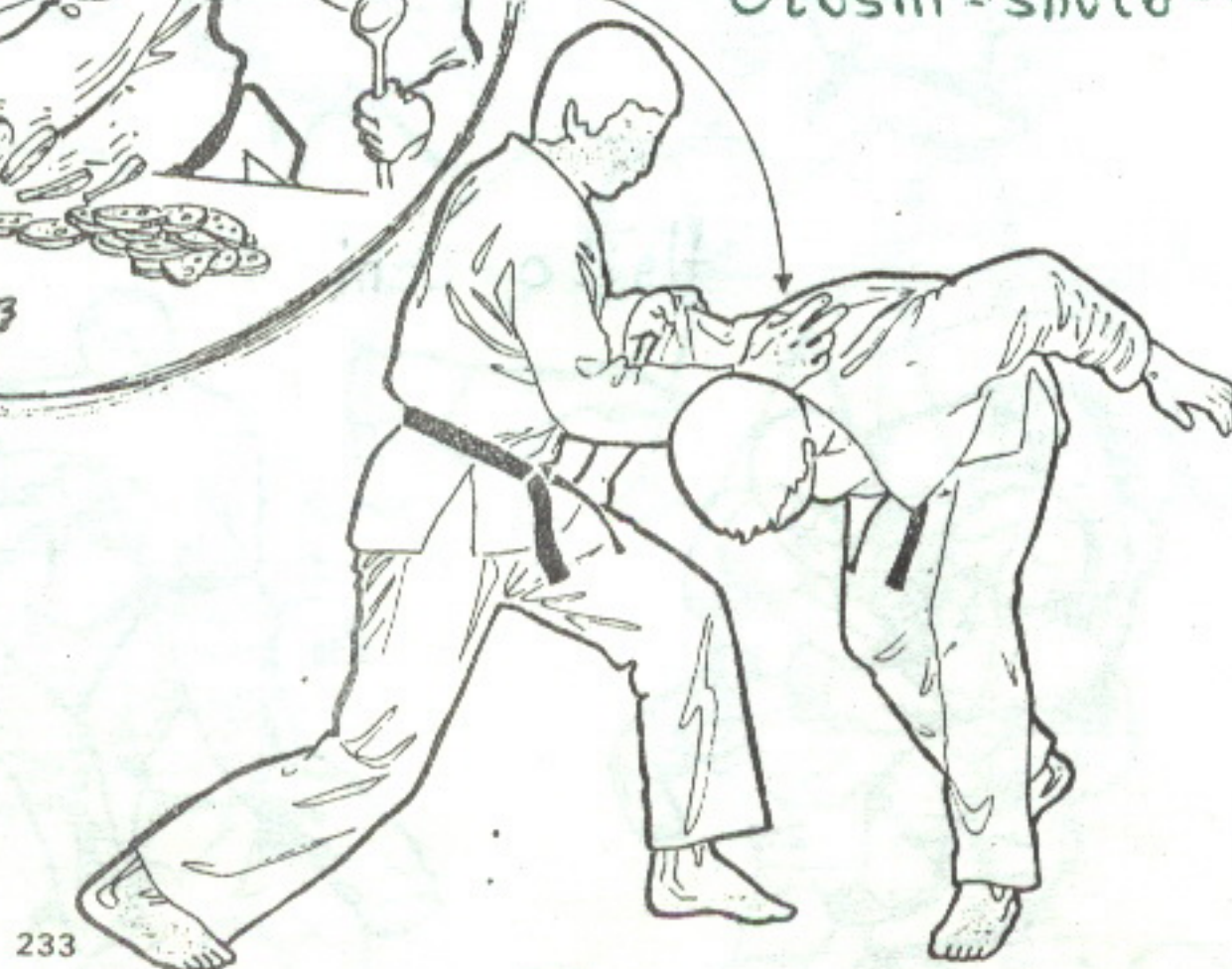
231

Gammen-shuto-uchi





Otoshi-shuto-uchi



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Tetsui-uchi



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237



Haito-uchi

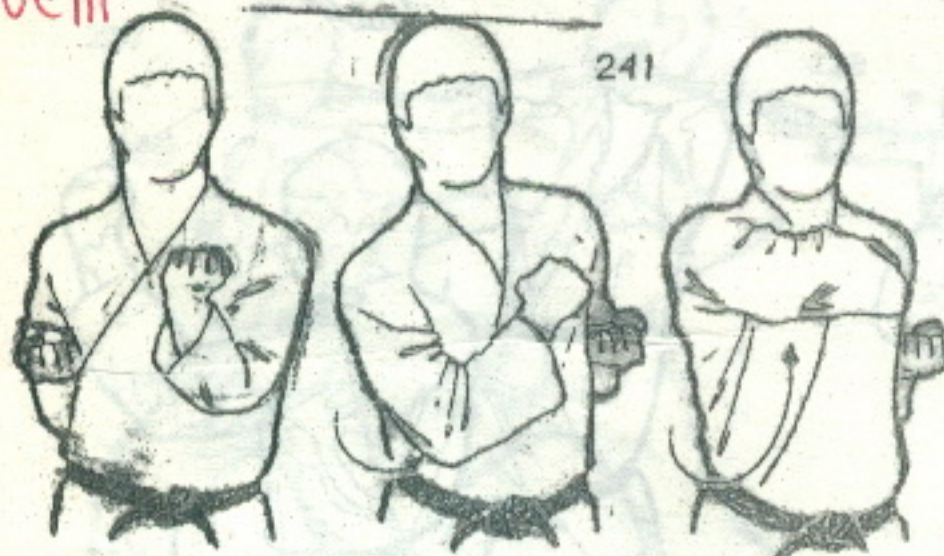


239



240

Empi-uchi



241



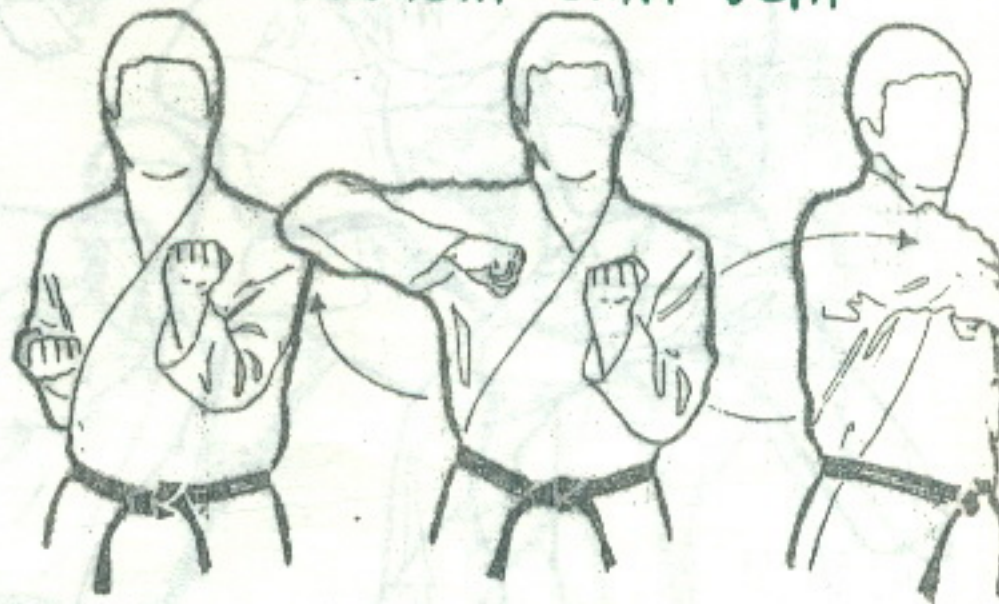
242

Mae-empi-uchi



243

Mawashi-empi-uchi



244

Yoko-empi-uchi



245

Age-empi-uchi



246



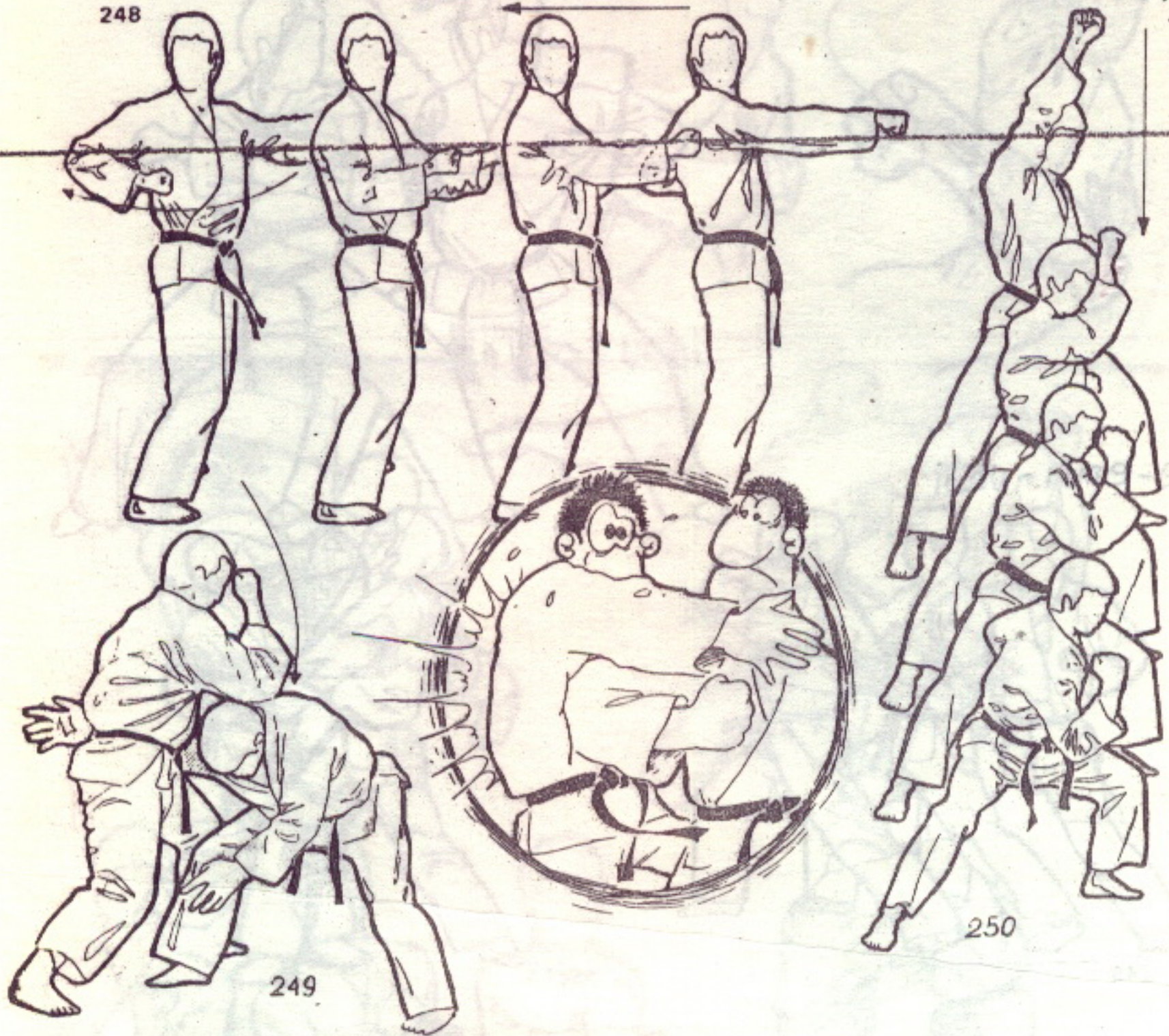
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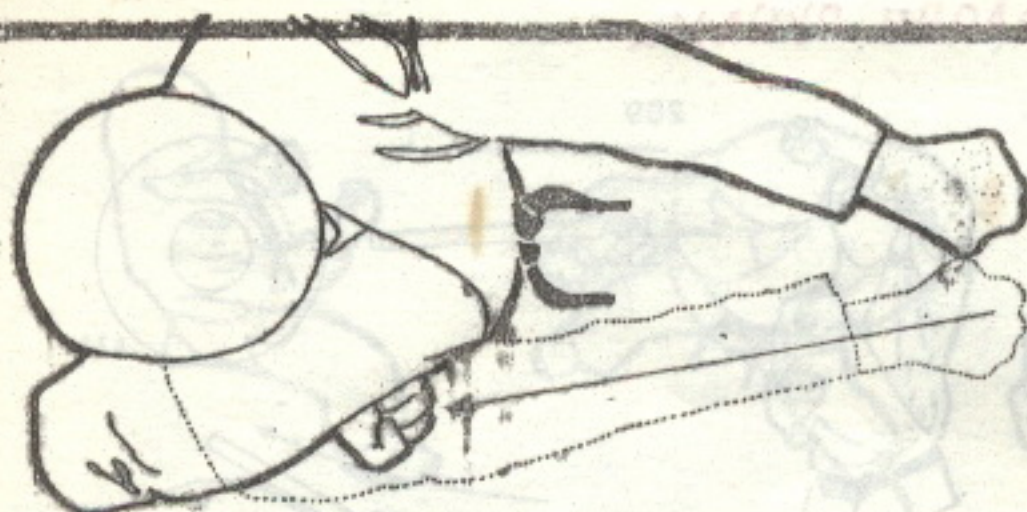


Ushiro-empi-uchi

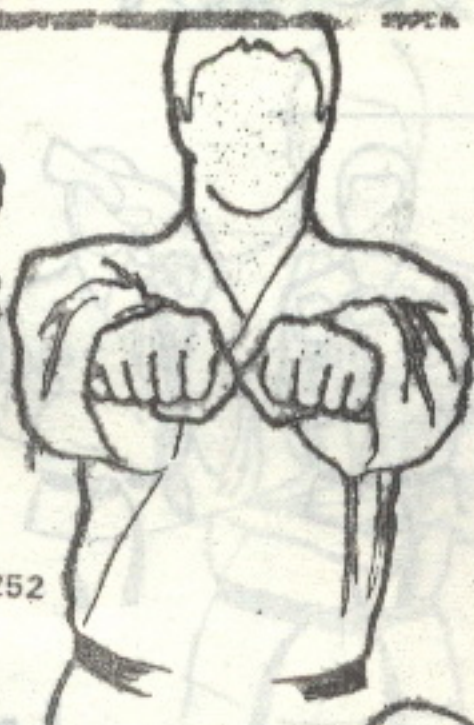
Otoshi-empi-uchi

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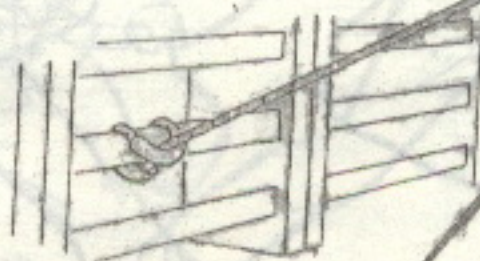
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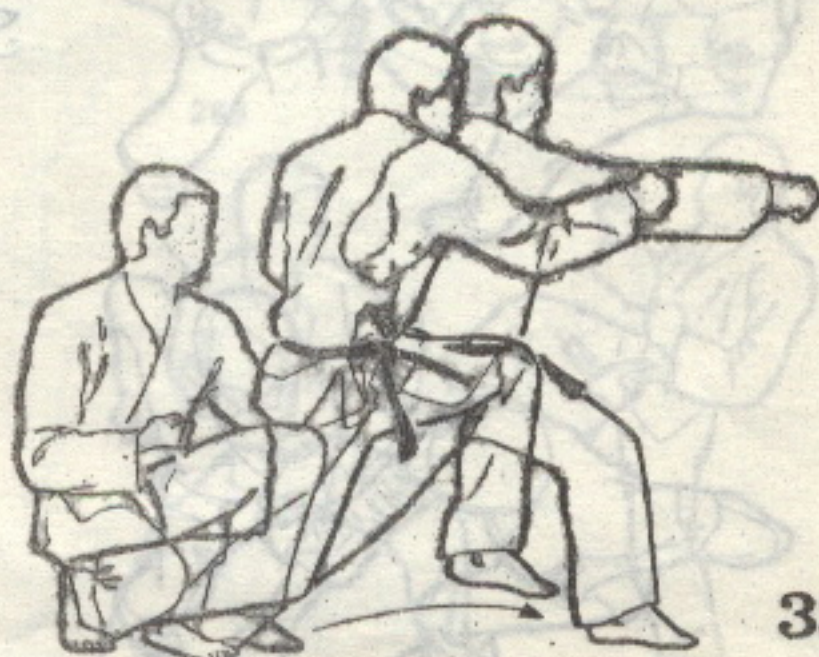
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256



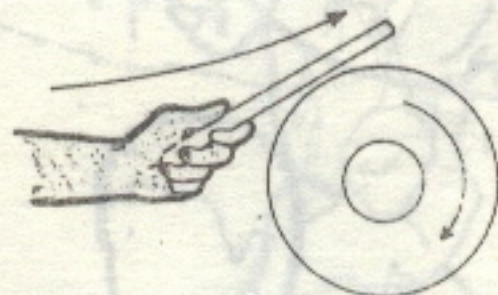
257

UKE-WAZA БЛОКИ РУКАМИ

257



259



Age-uke

258



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261

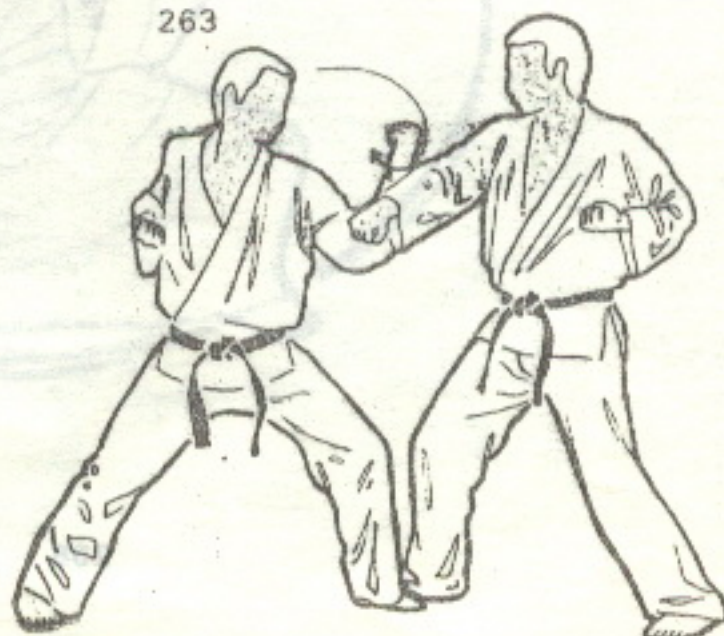


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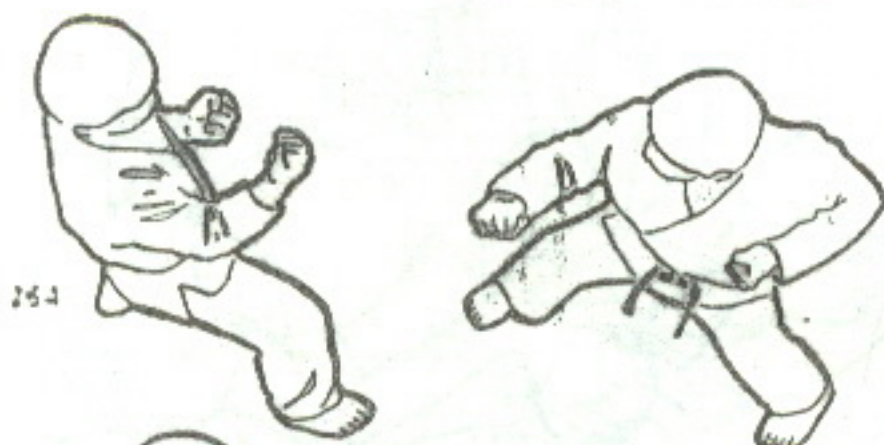


Soto-uke

263



Yoko-uke



265



267



Gedan-barai

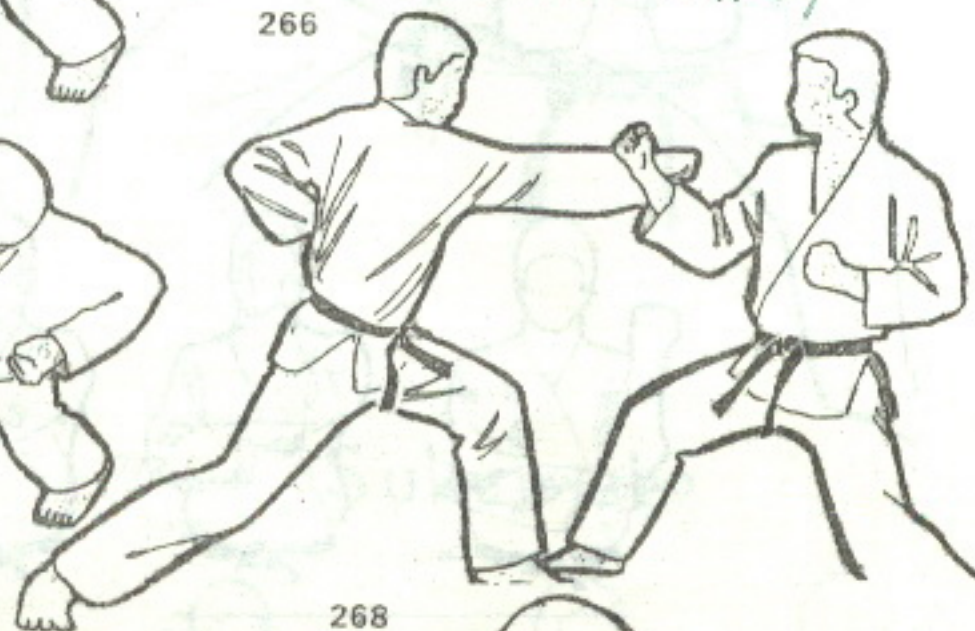


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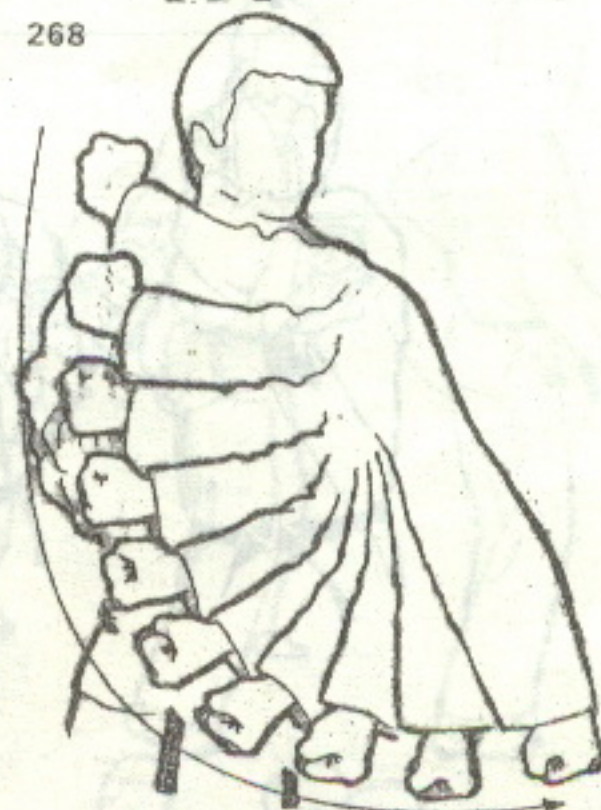


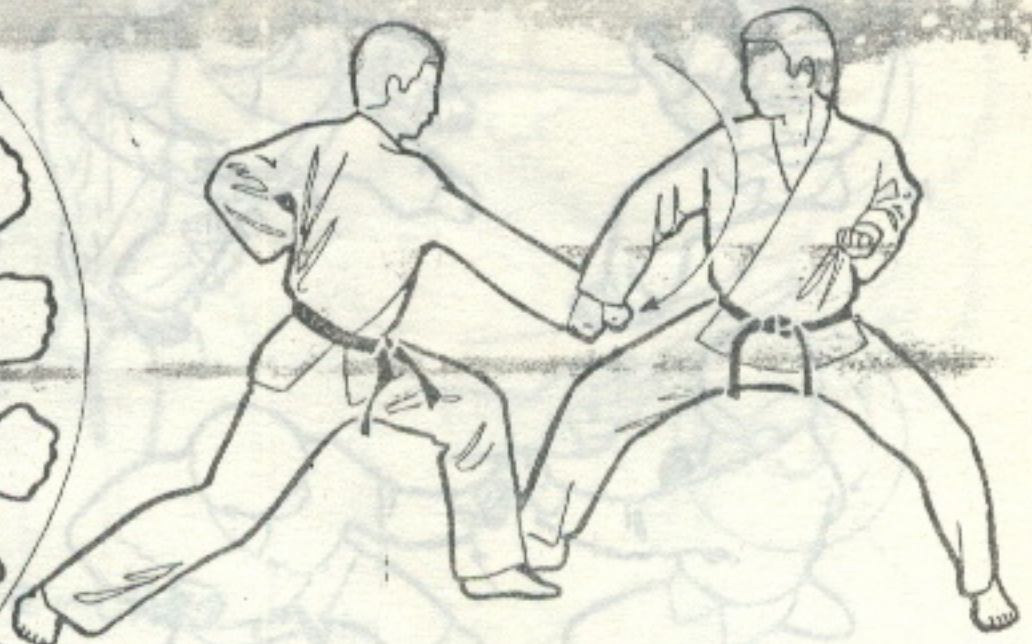
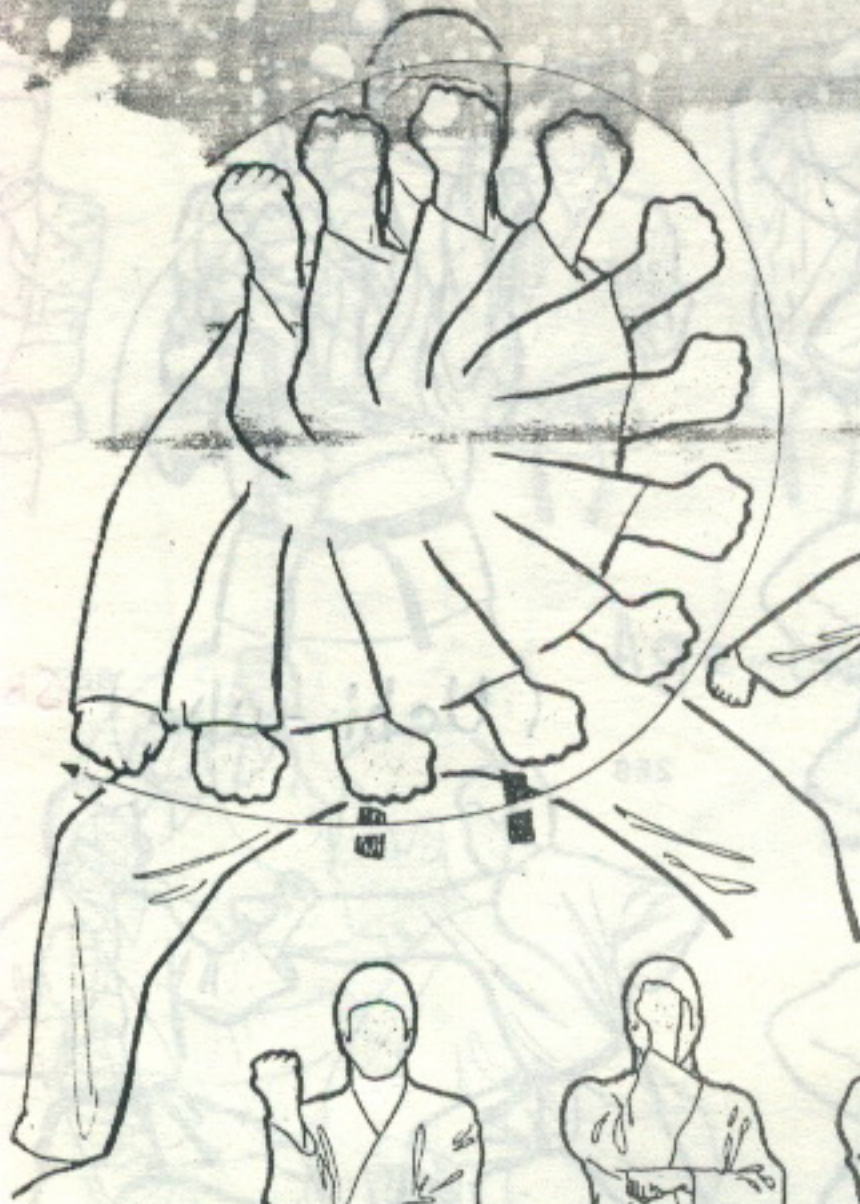
(Uchi-uke) - Shotokan

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(Chudan-barai)



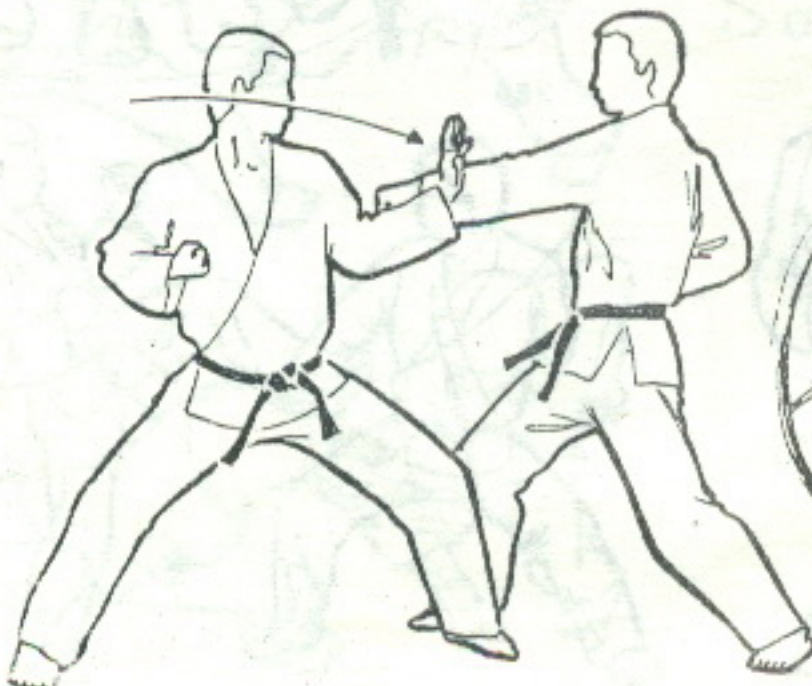
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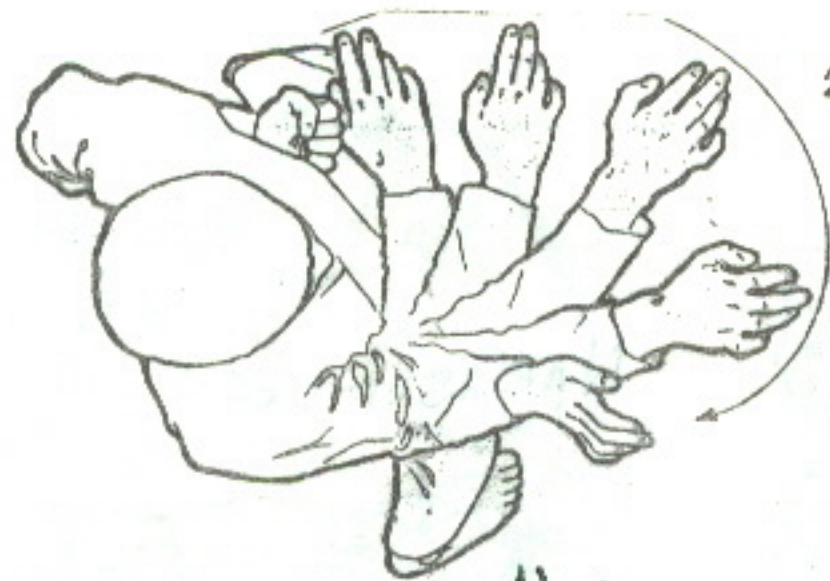


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Shuto-uke





275

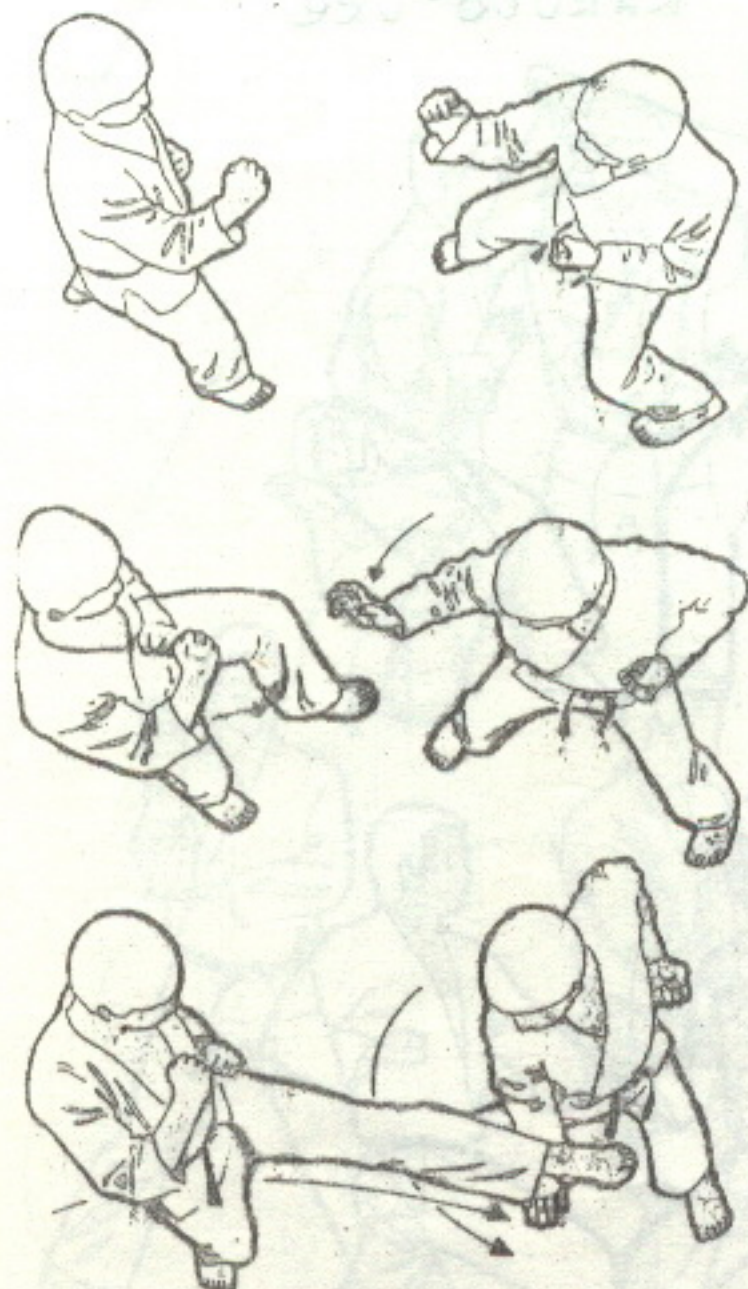
Kake-uke



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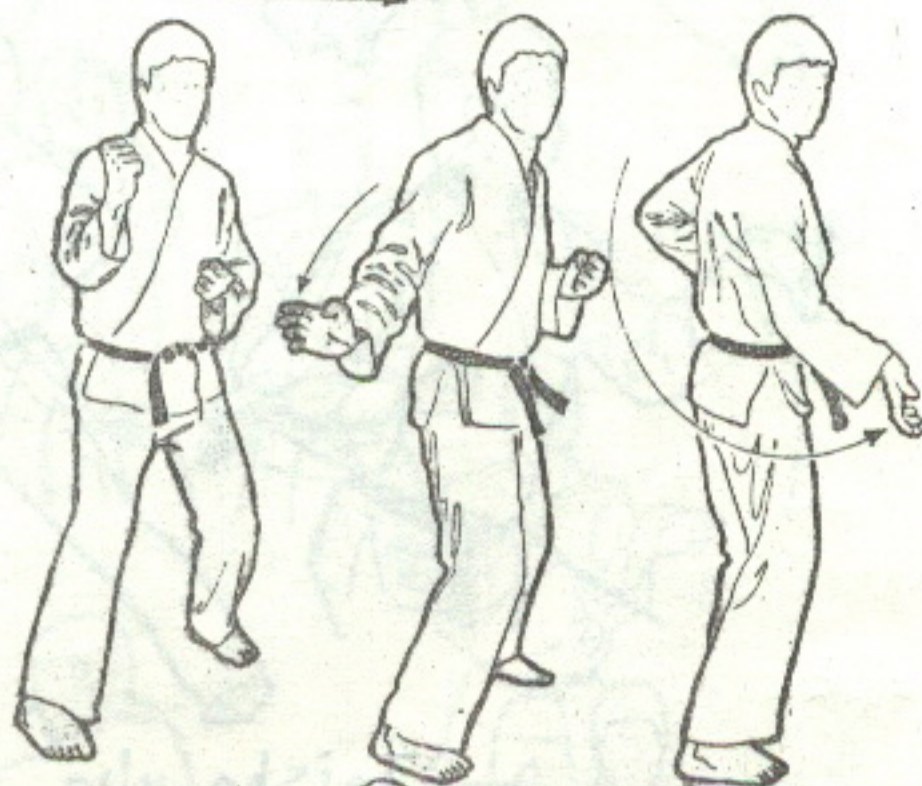
Sukui-uke

278



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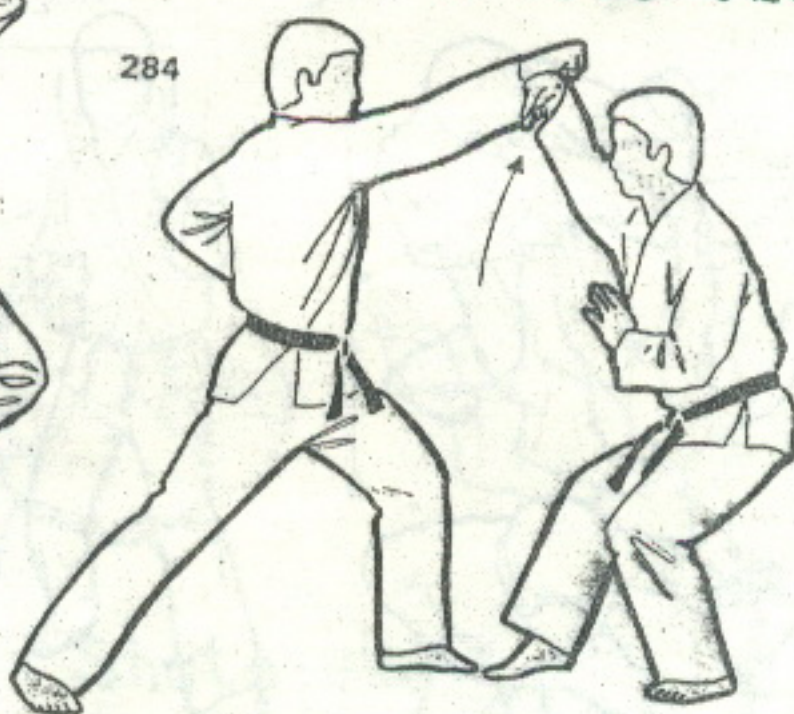
Nagashi-uke



283



284



Kakuto-uke

285



286

Teisho-uke





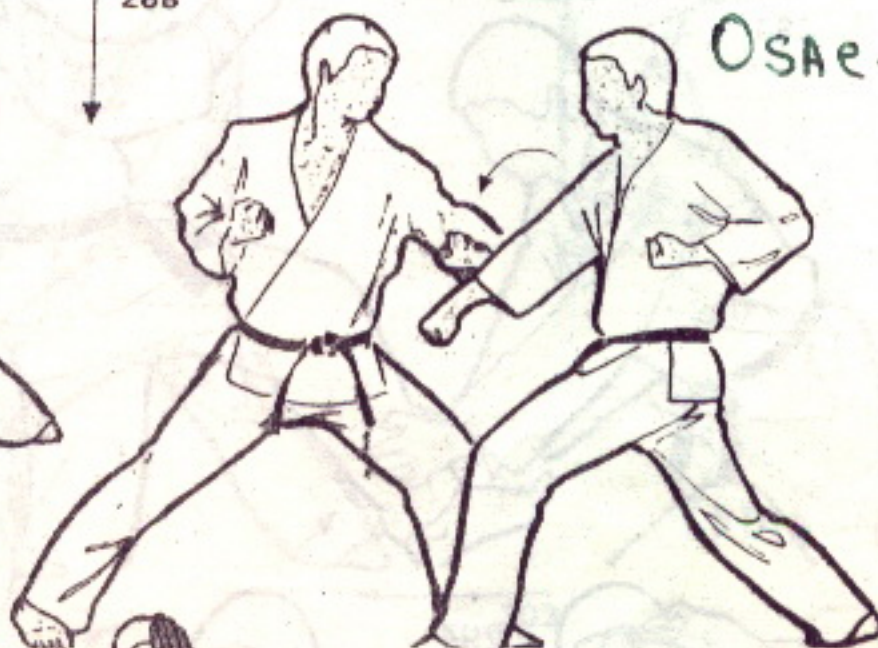
URA-uke

287



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Osae-uke



MAWASHI-uke

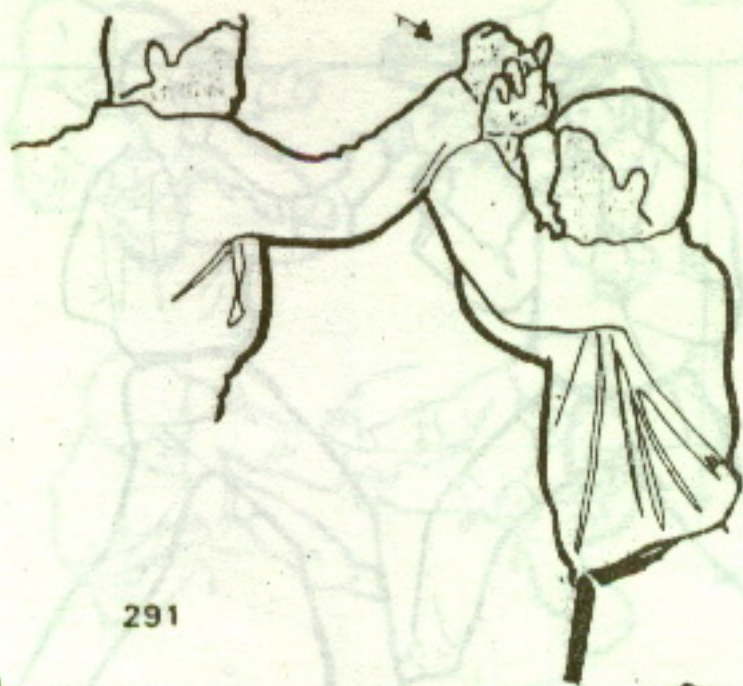


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Juji-uke



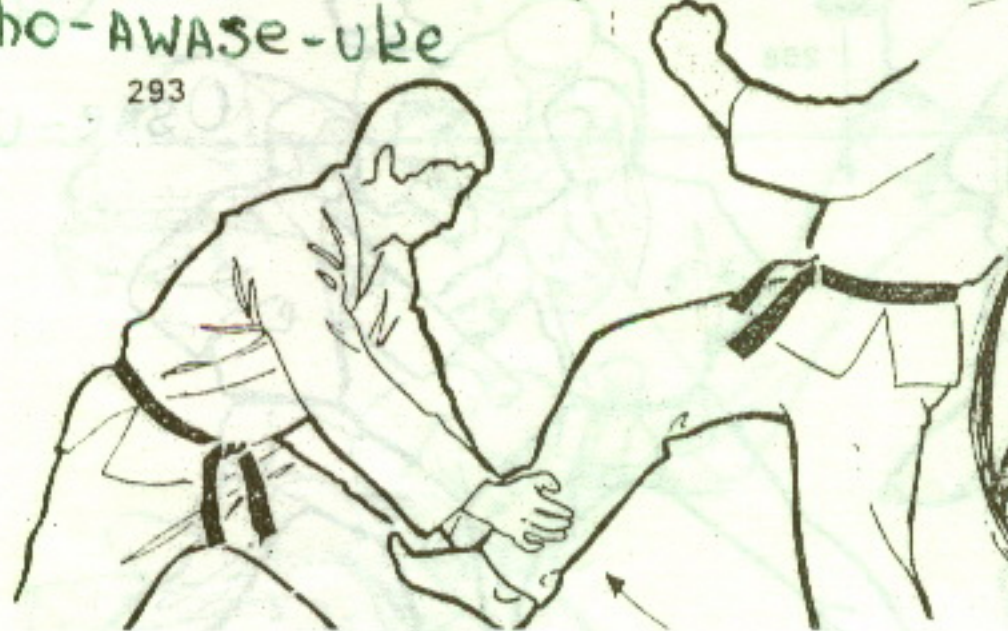
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Teisho-Awase-uke

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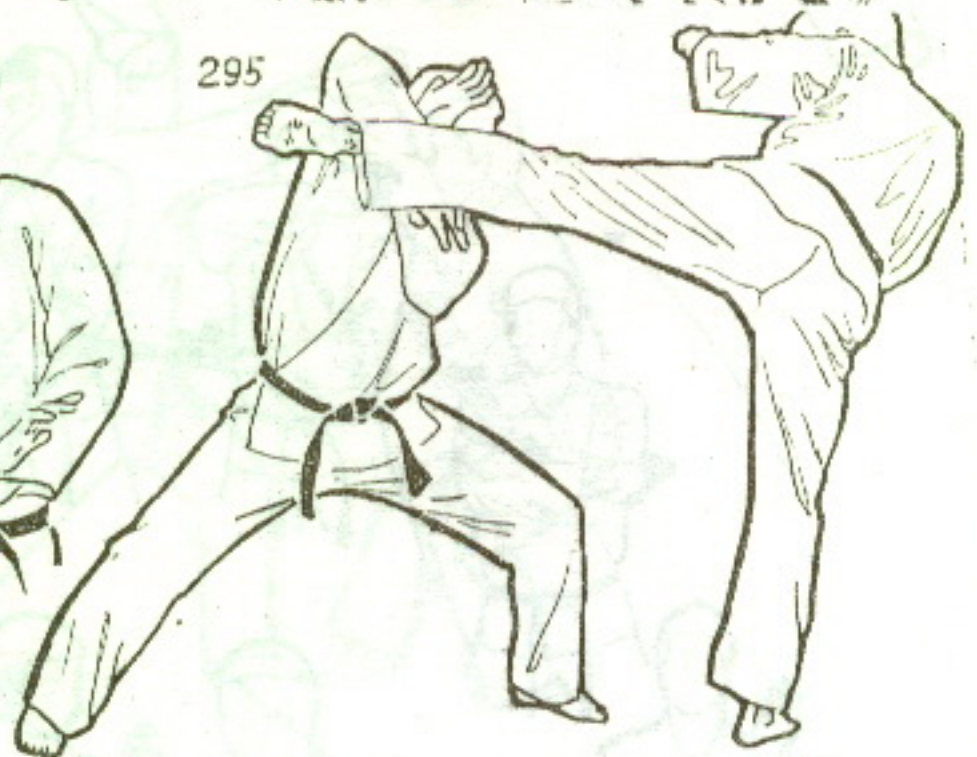


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Cho-uke



295



(Sokumen-Awase-uke)



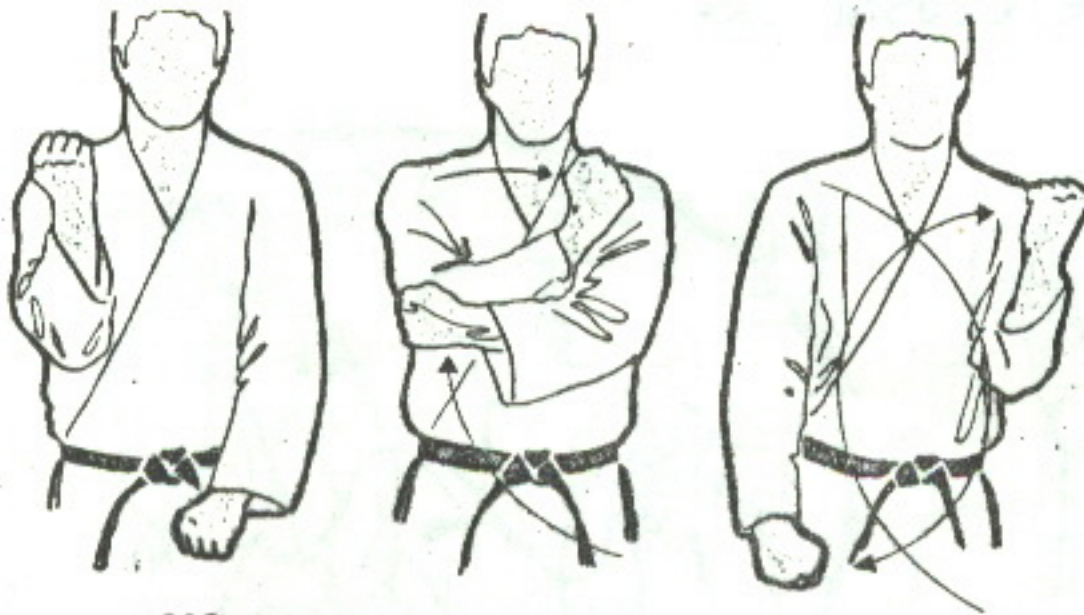
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297



Djoge-uke (Uchi-uke - gedan-barai)



298



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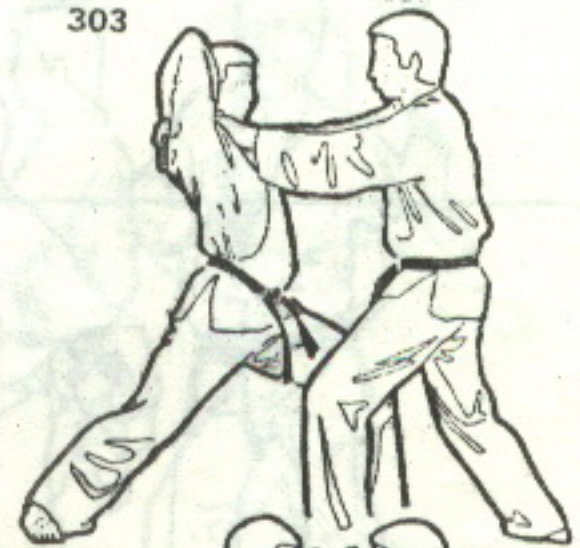
301

Yama-uke



Morote-kake-uke

303



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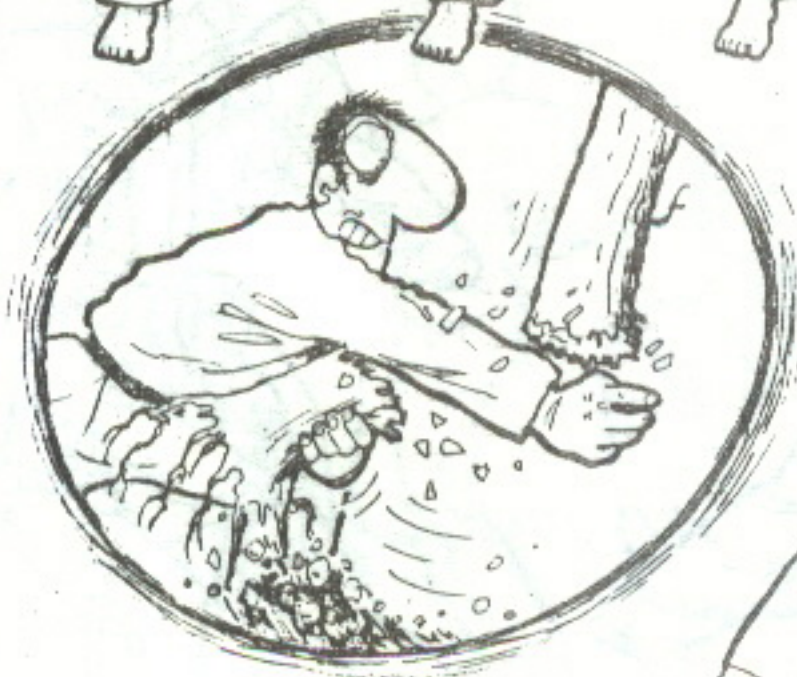
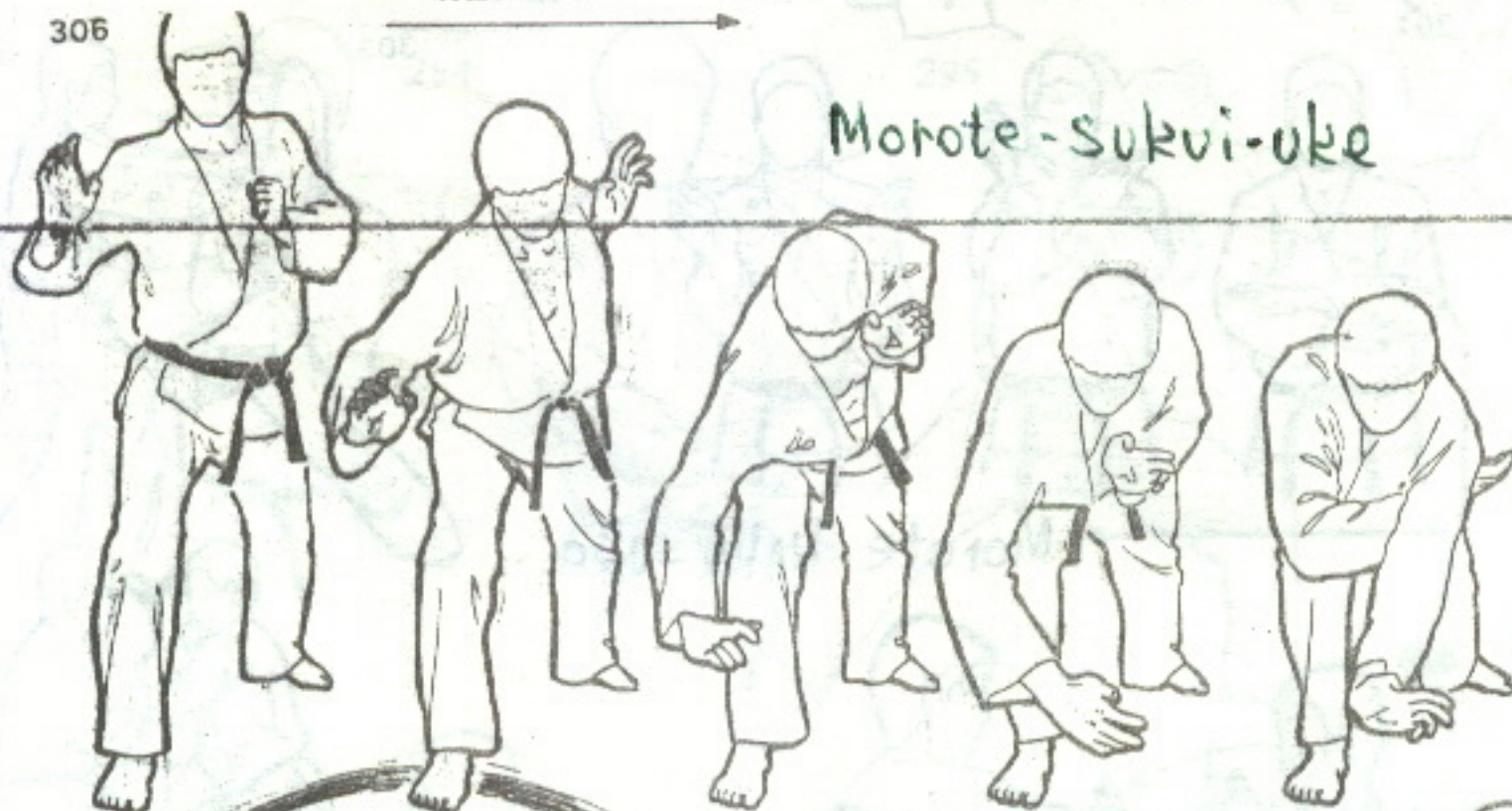
Morote-sukui-uke 304

Morote-otoshi-uke 305



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Morote-sukui-uke



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Hani-uke

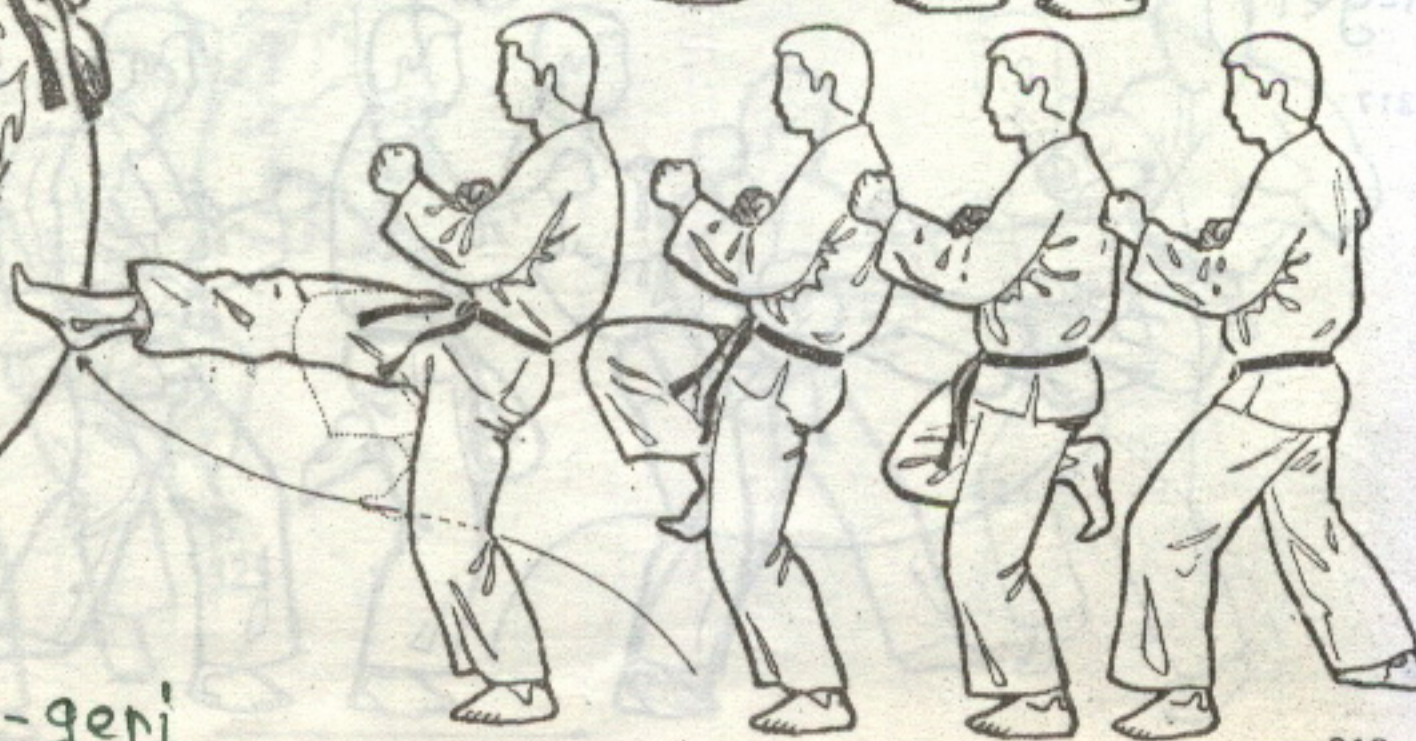


310

Kashi-waza
Техника ног



311. Mae-geri



312

Morote-subui-uki

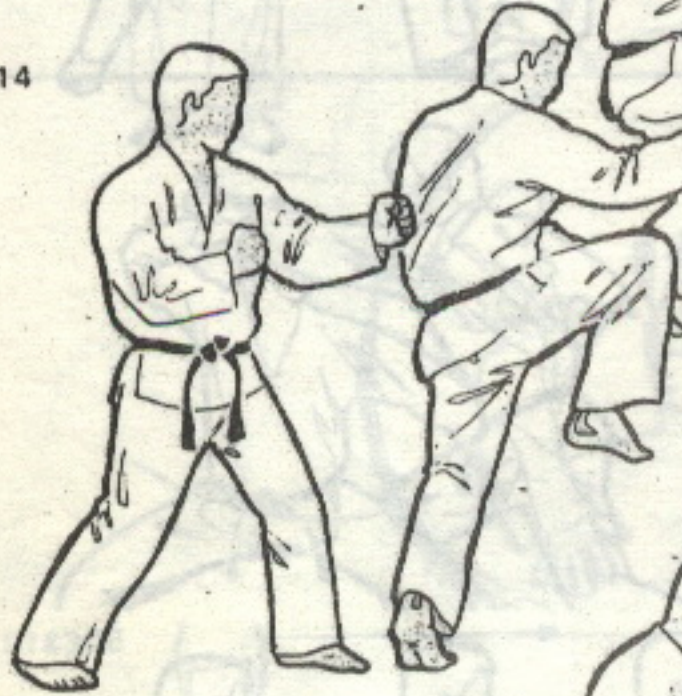
Mae-kakato-geri

Tobi-mae-geri



313

314



315



Nidan-tobi-geri

Rogan-geri
(Kin-geri)

316

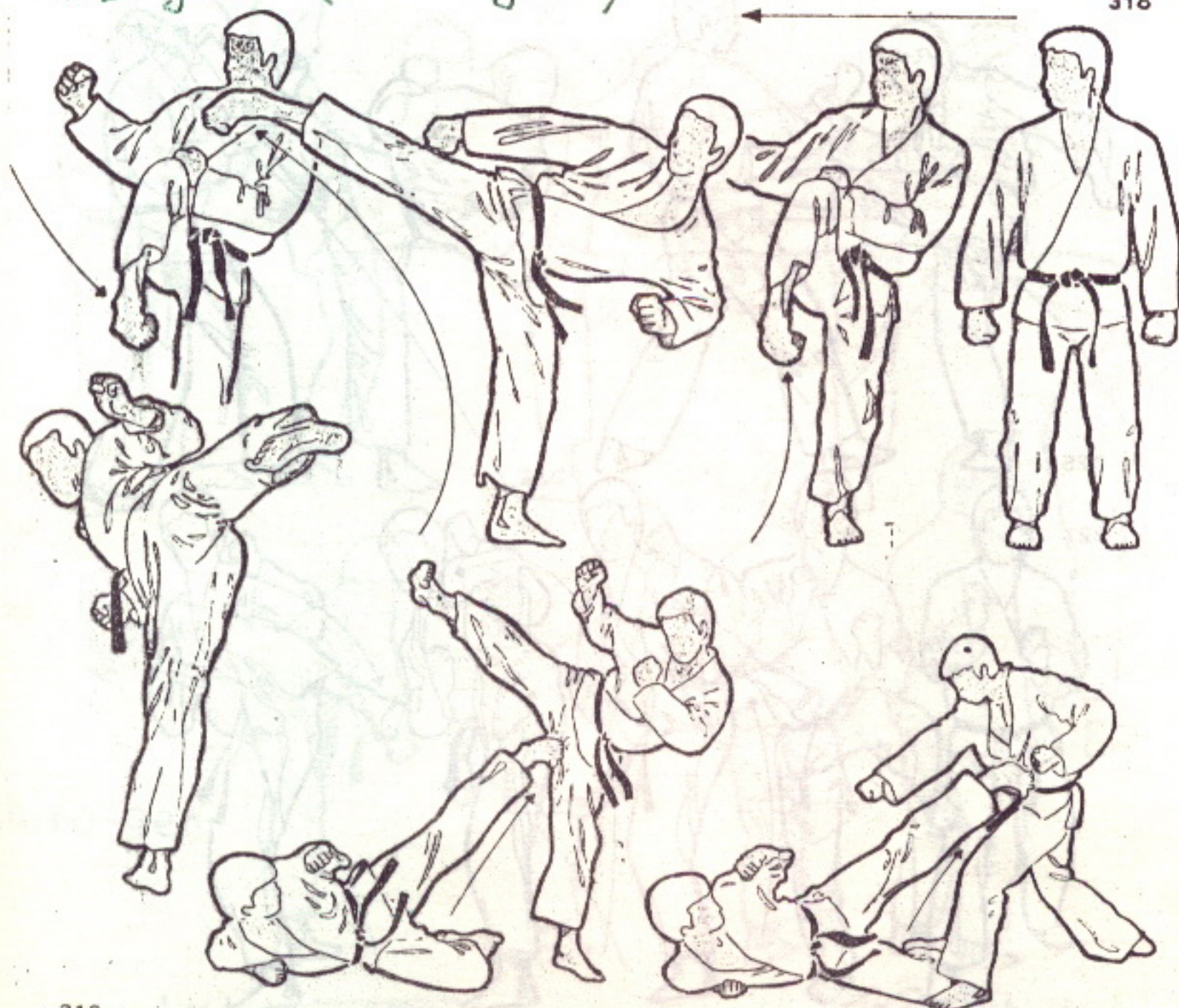


317



Sokuto-geri (Yoko-geri)

318

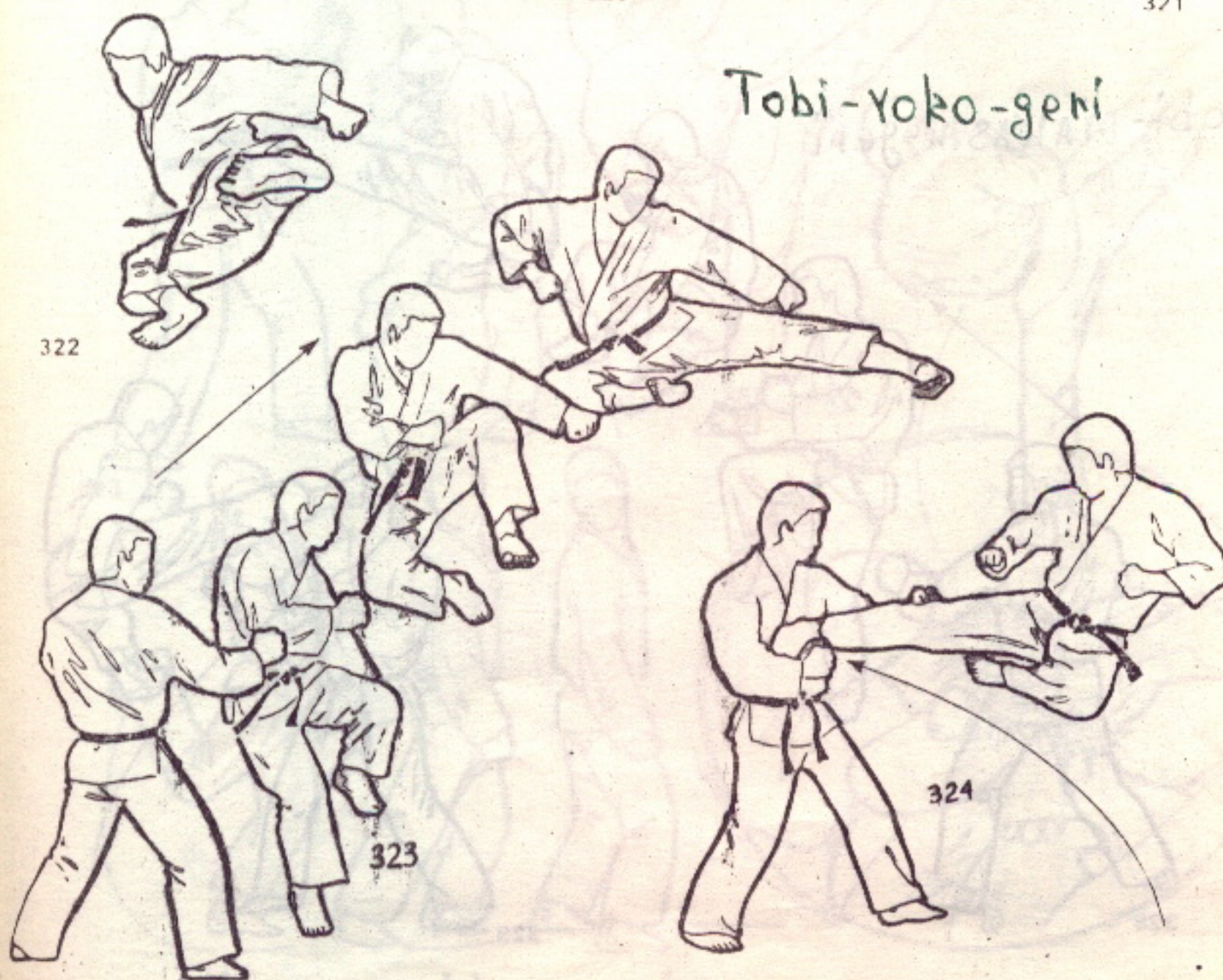


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Tobi-Yoko-geri

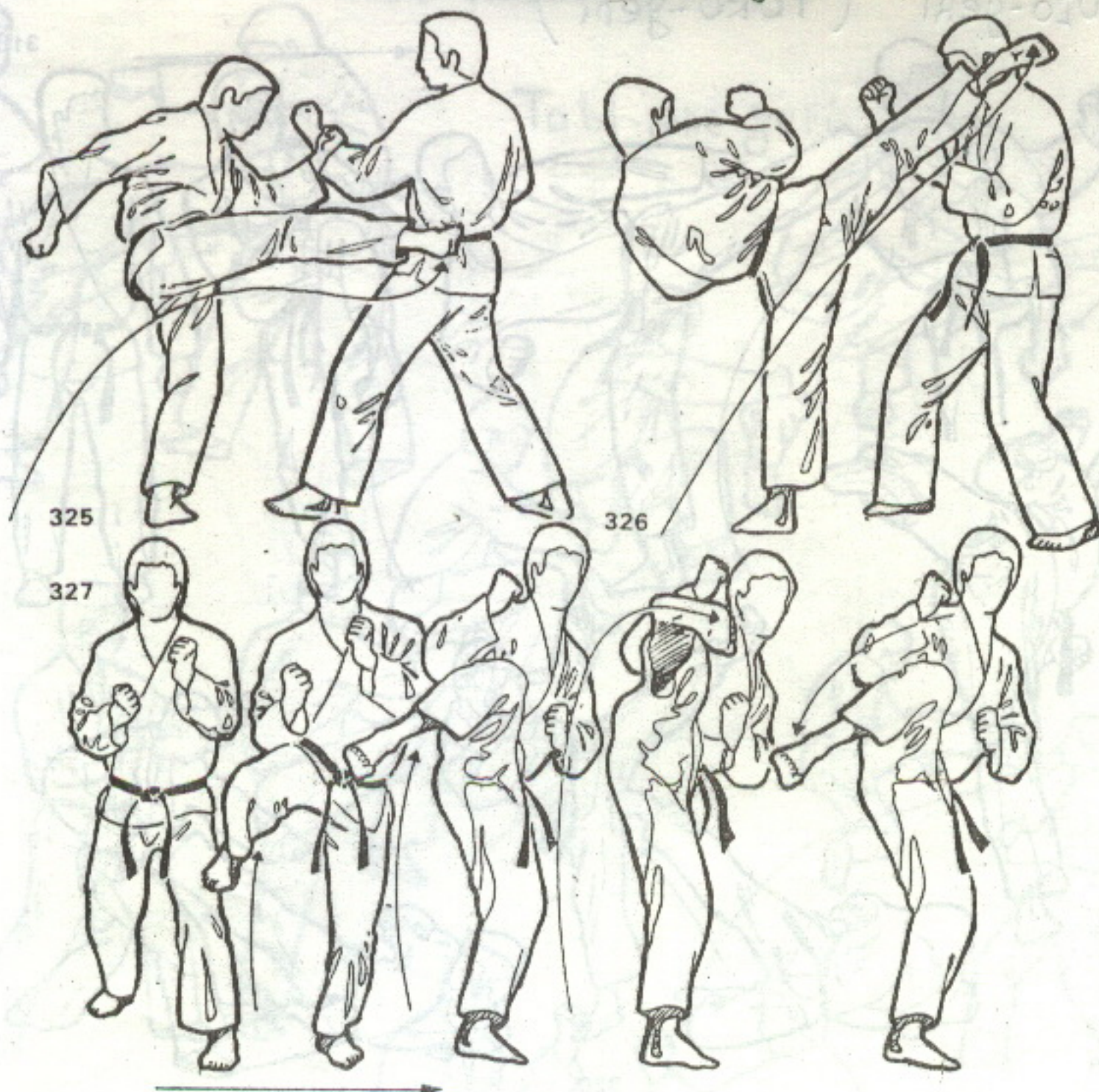


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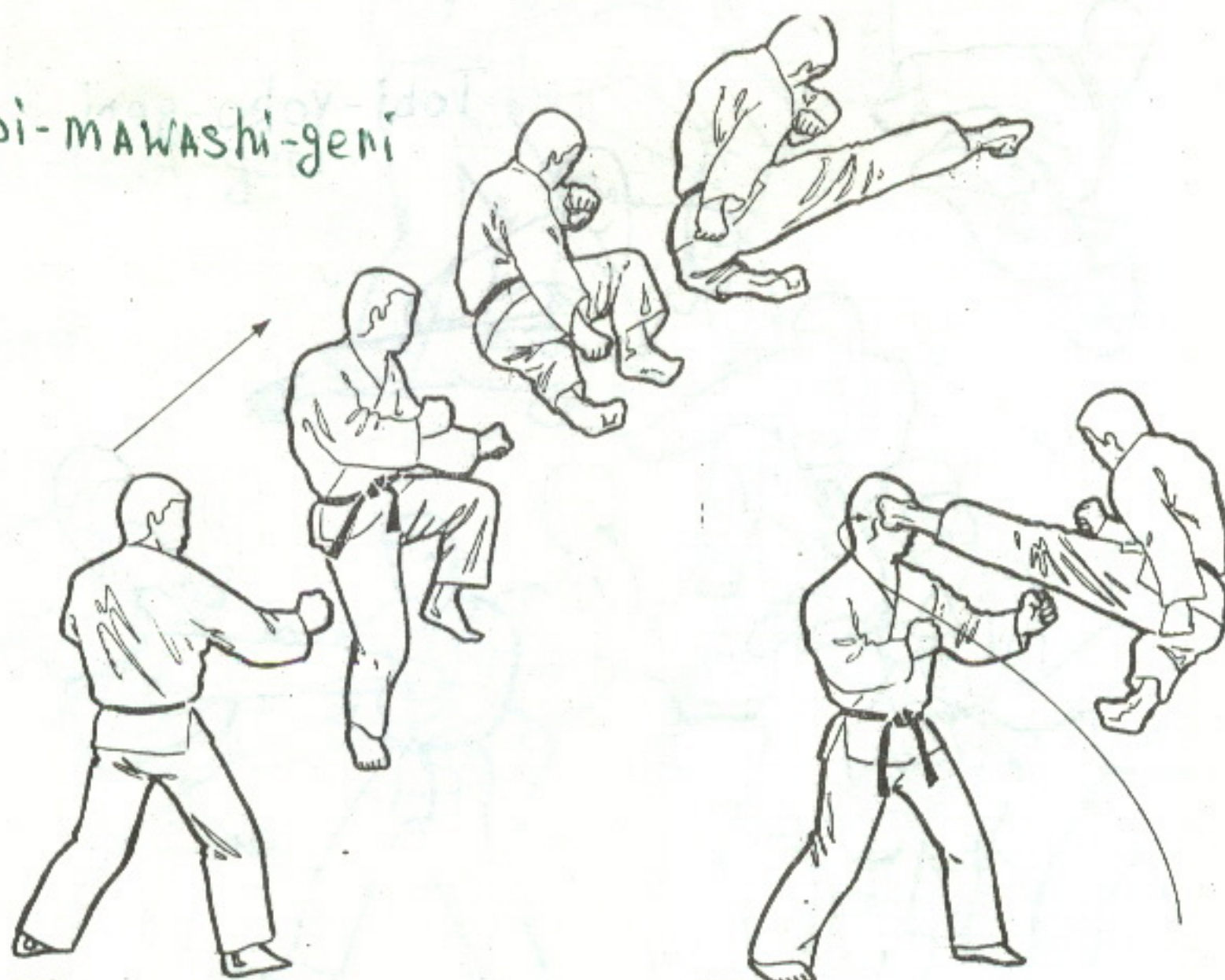
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MAWASHI-geri



Tobi-MAWASHI-geri



Una-mawashi-geri



330

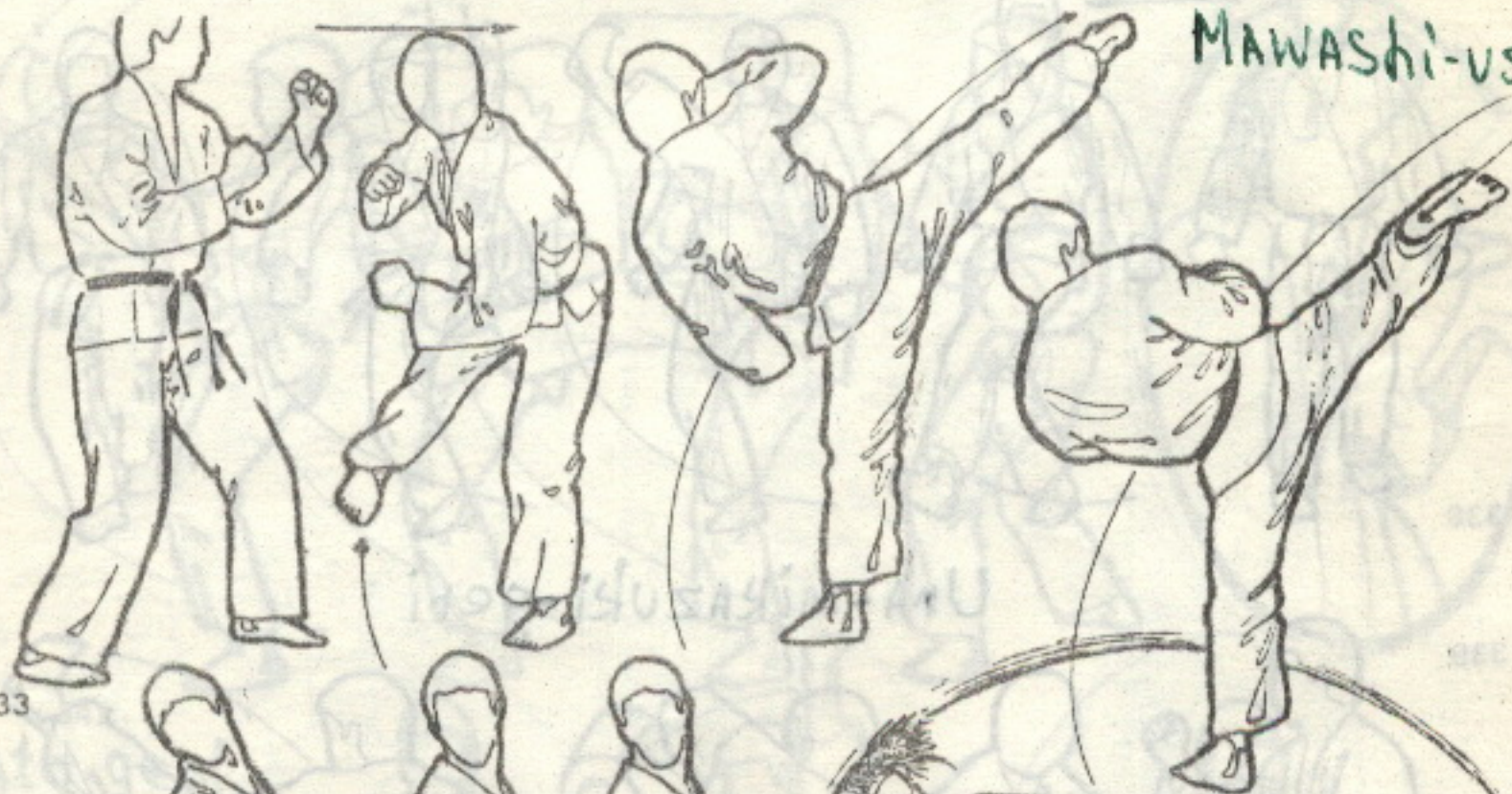
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Ushiro-geri

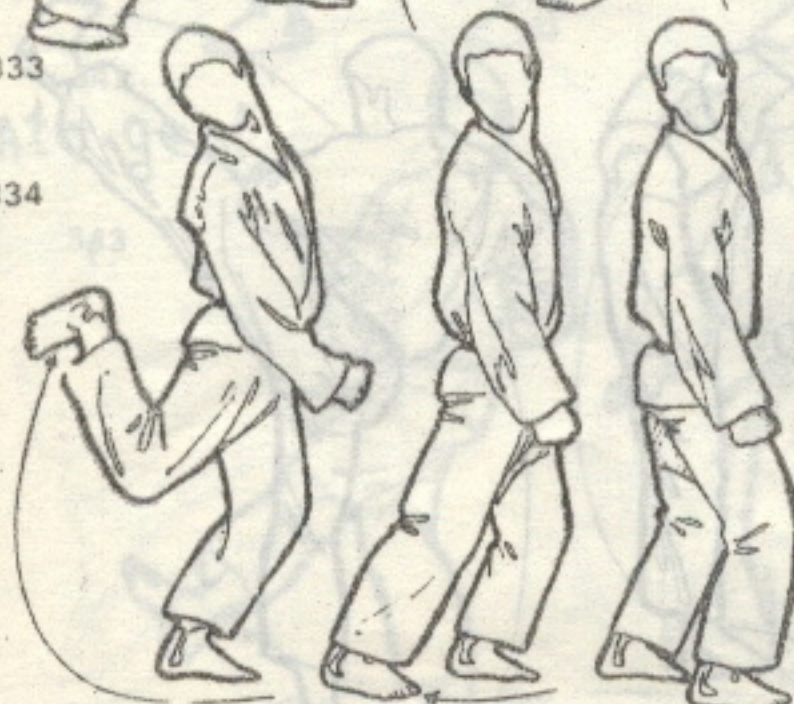


Mawashi-ushiro-geri



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Keage-ushiro-geri



Mikazuki-geri



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Barai-waza



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Una-mikazuki-geri

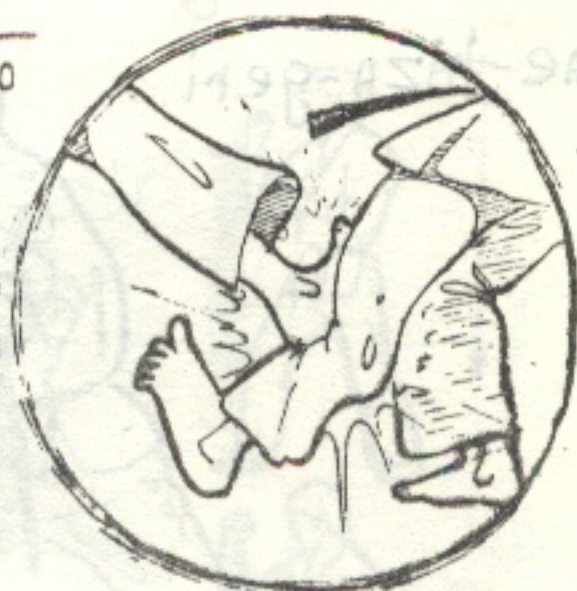
339



Kansetsu-geni



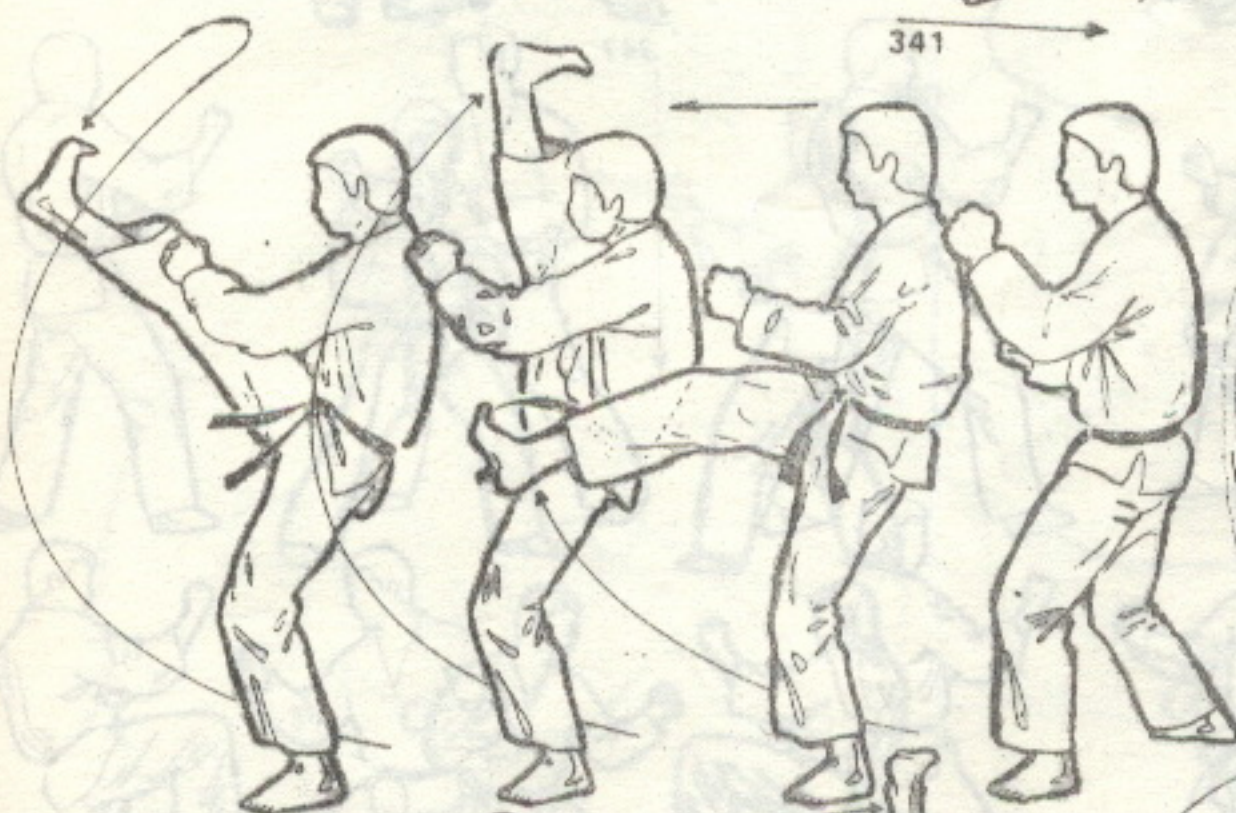
340



Fumikomi-geni



341



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Kakato-geni

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Mae-hiza-geri



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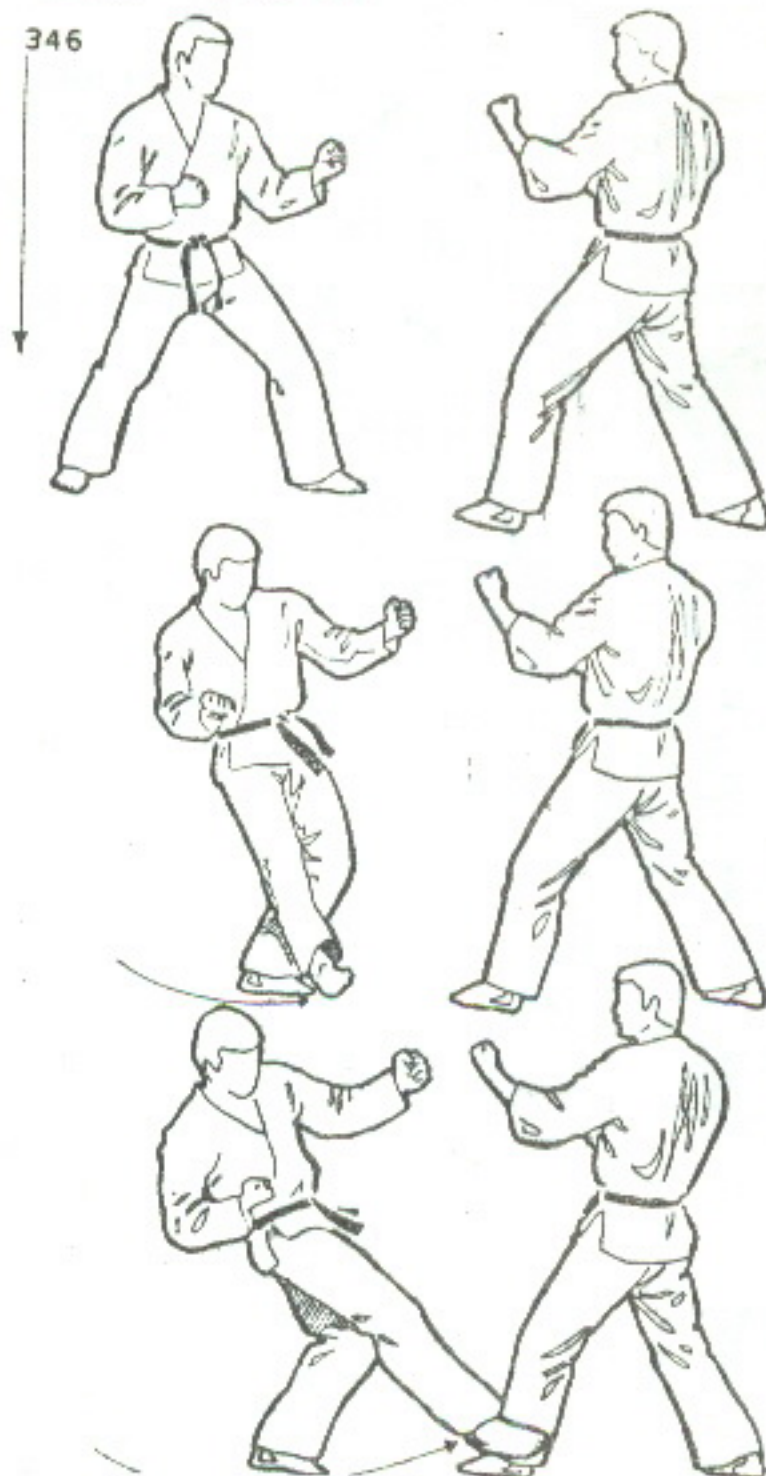
Mawashi-hiza-geri



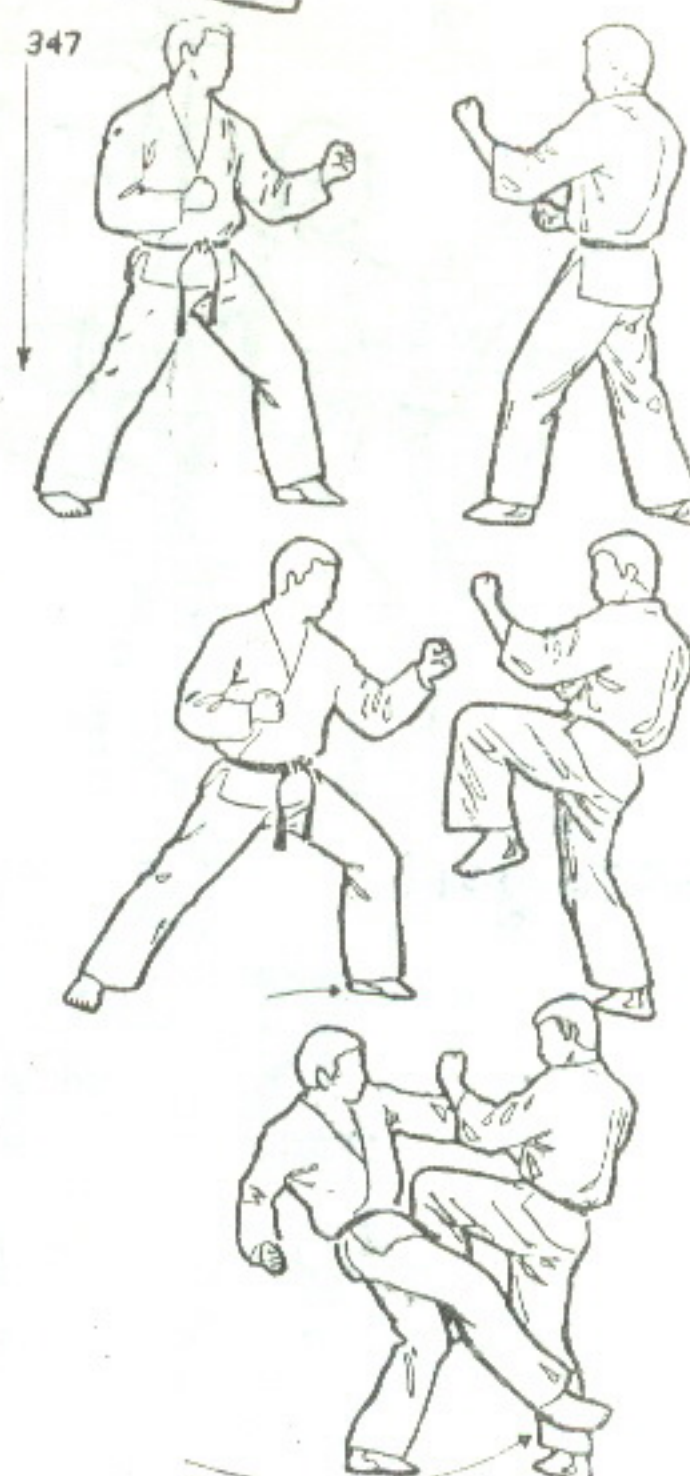
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De-ashi-bara

346

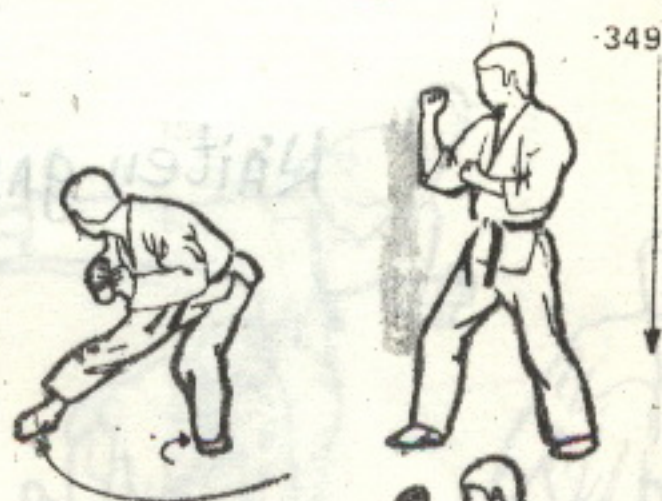
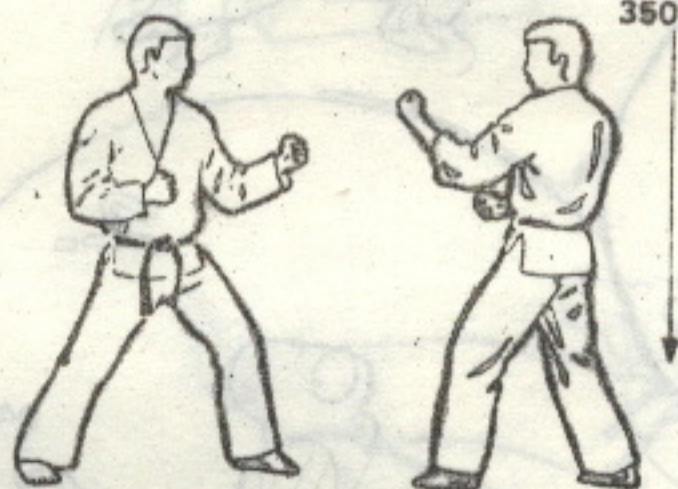


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Okuri-Ashi-Barai

Kaiten-geri



Mae-hizari

Kaiten-gari

351



1.



2.



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3.



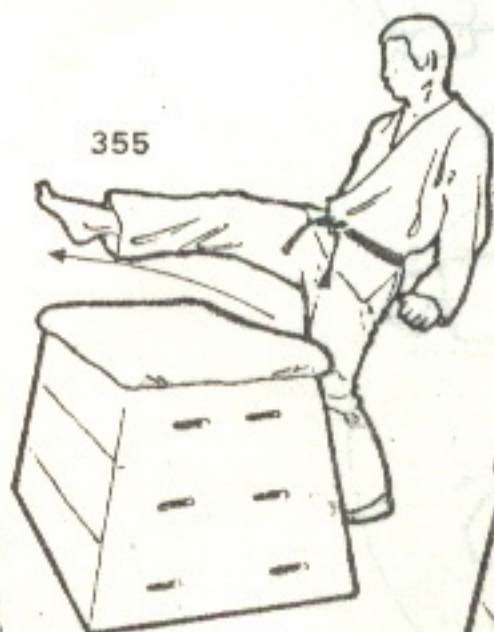
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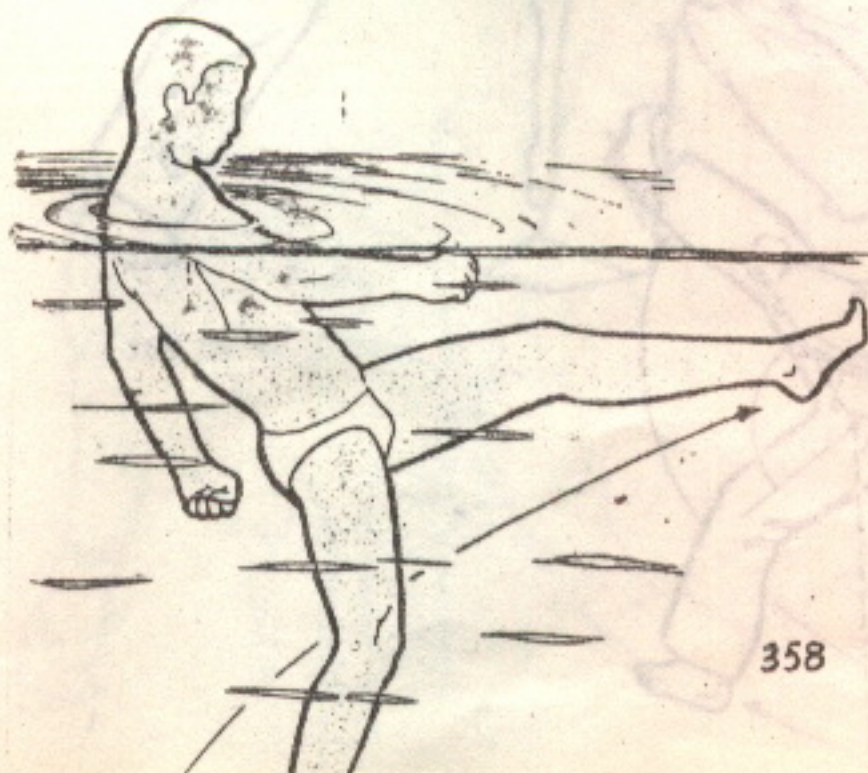
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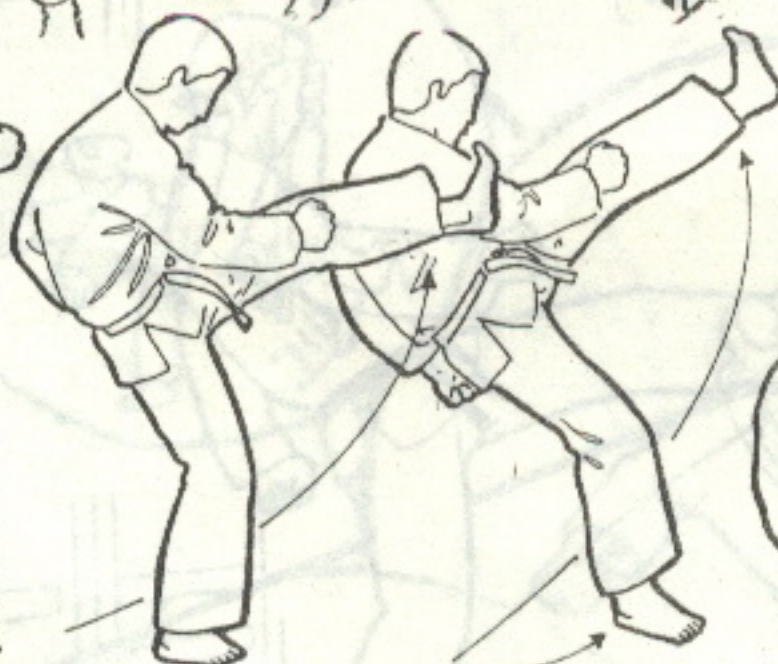


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Yoko-geri



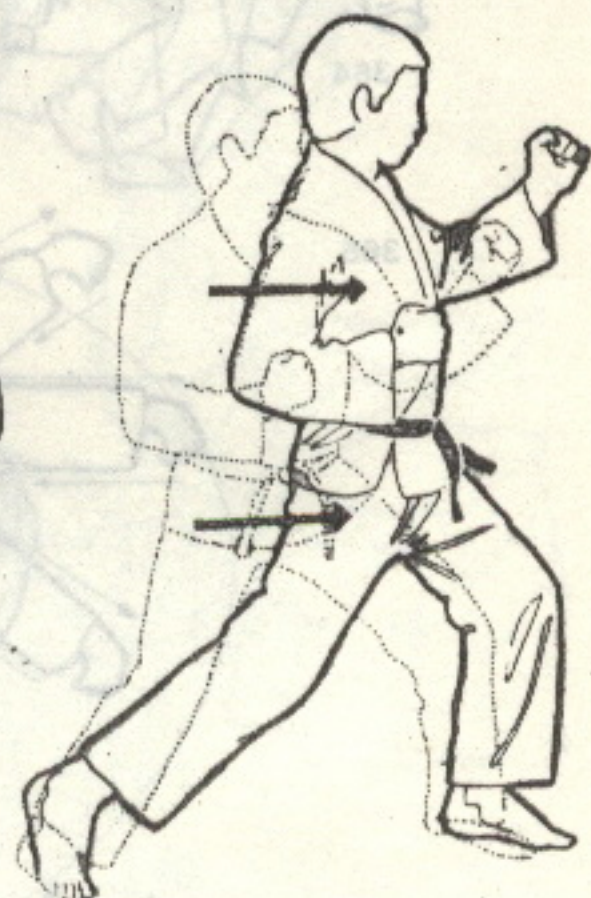
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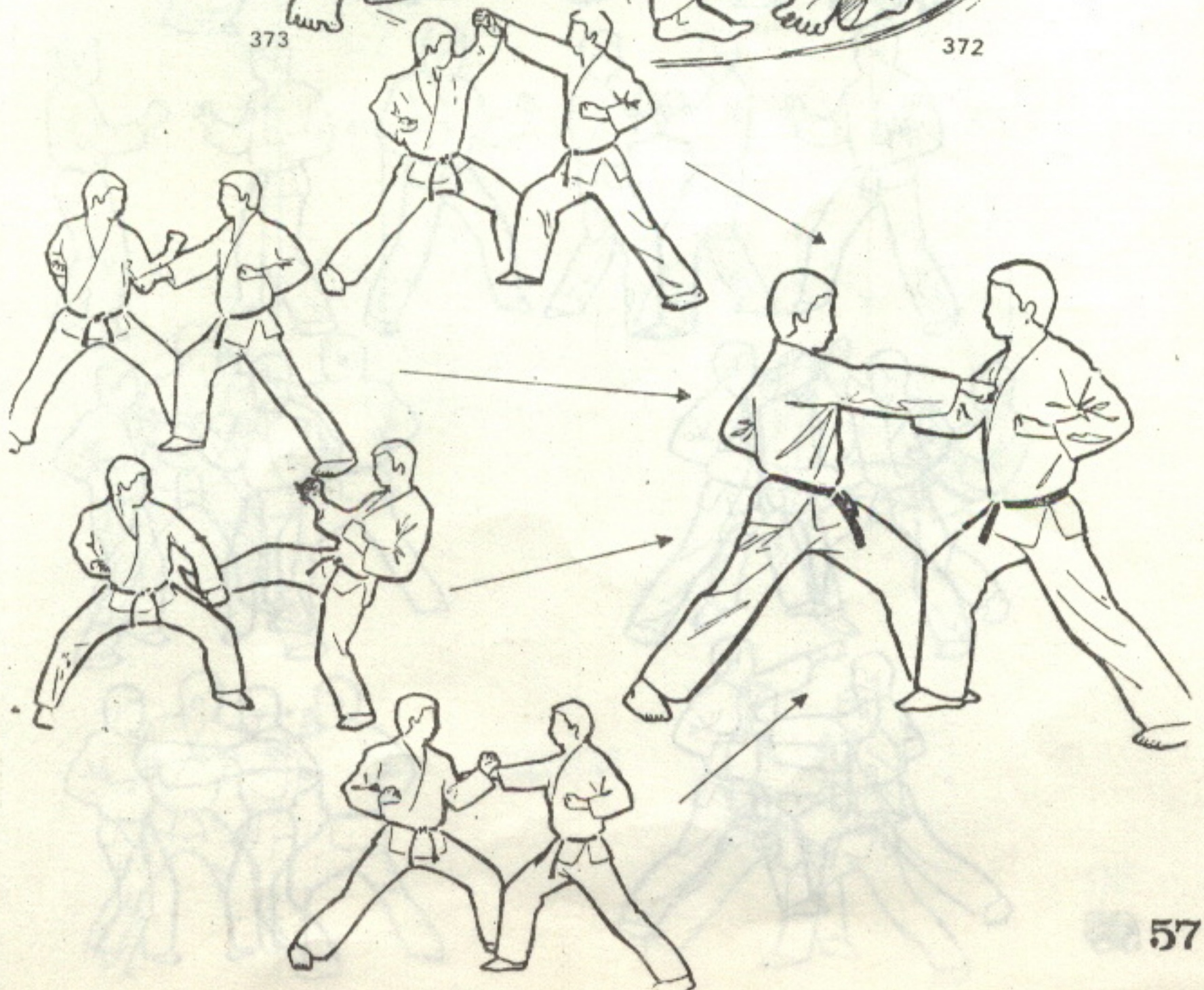
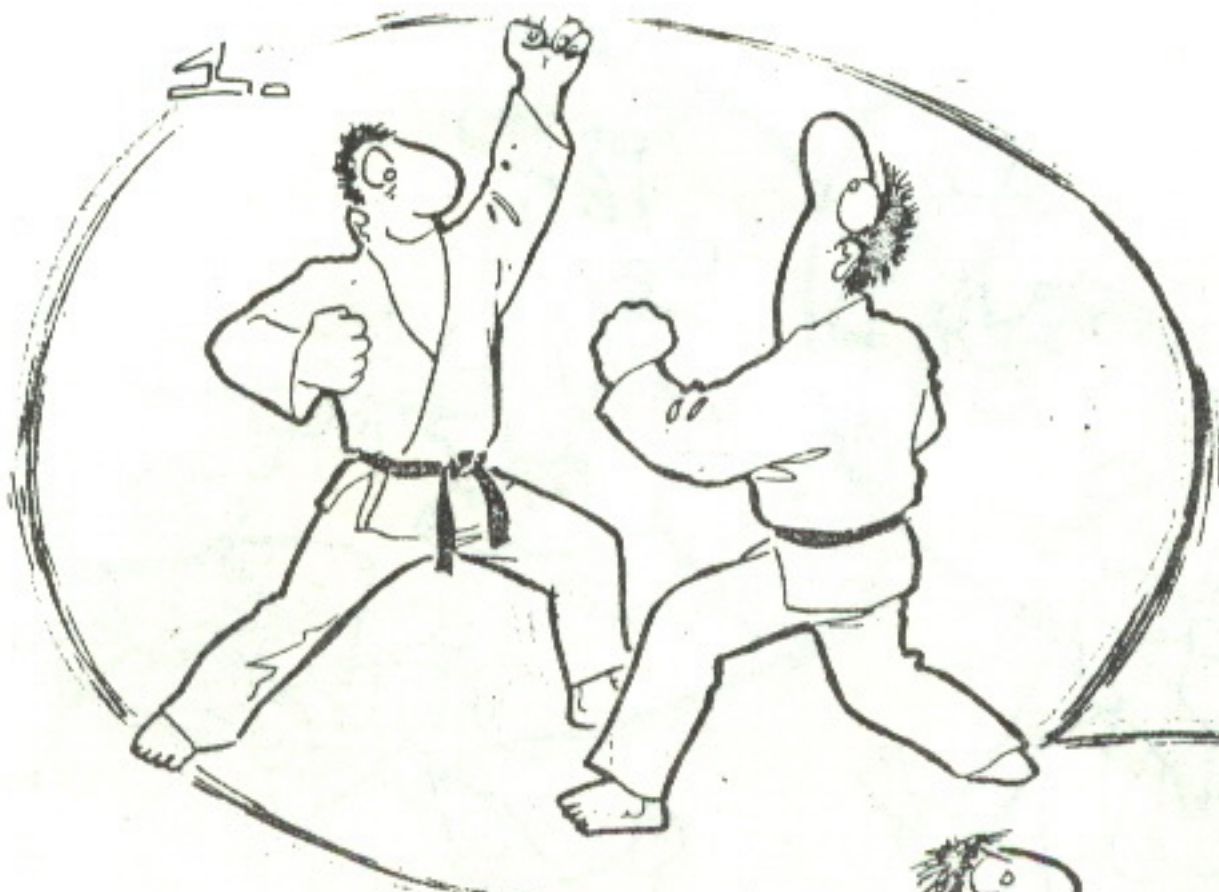
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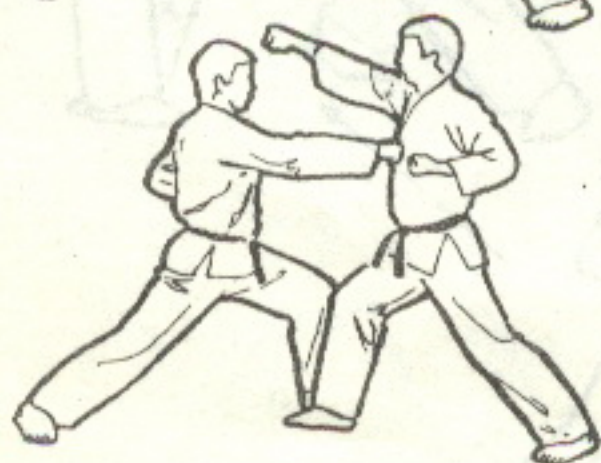
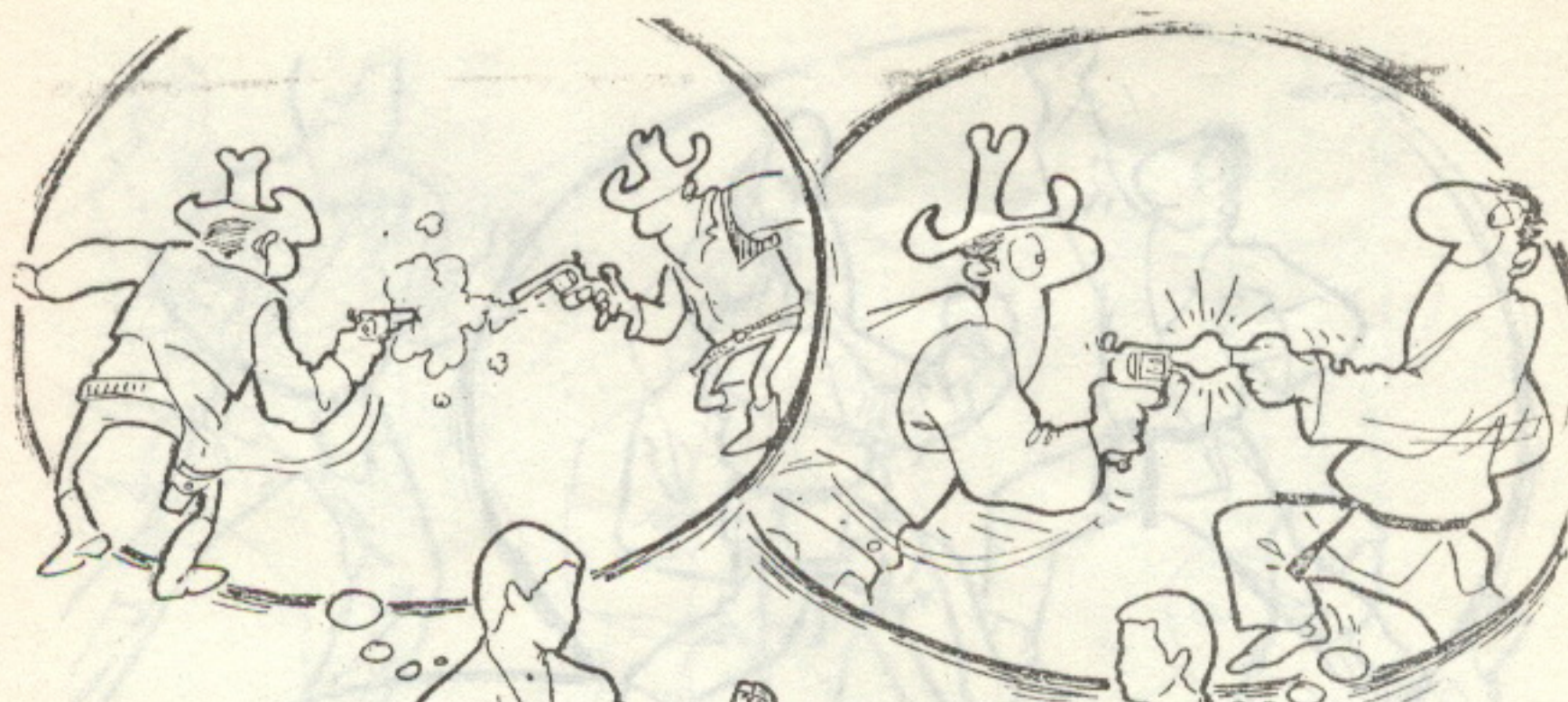
DAN-zuki



71 371



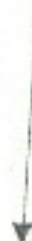




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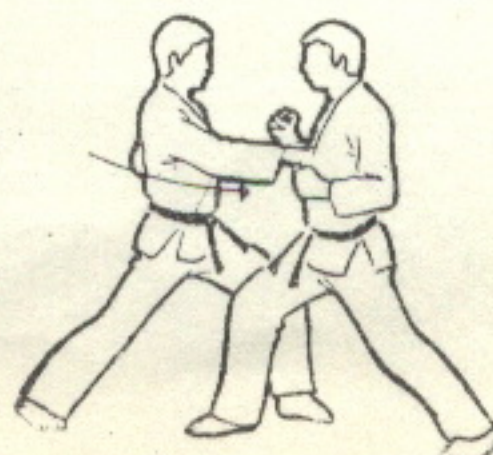
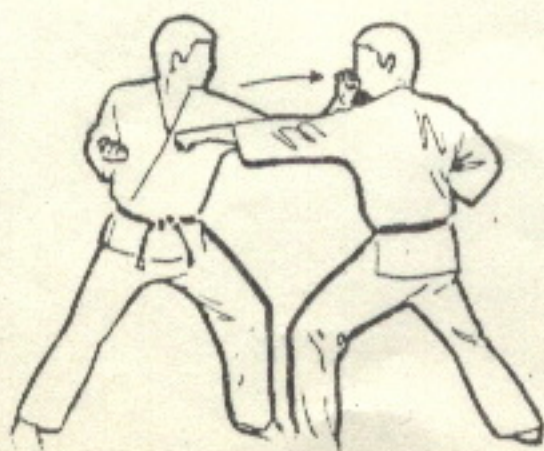
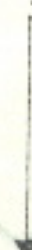
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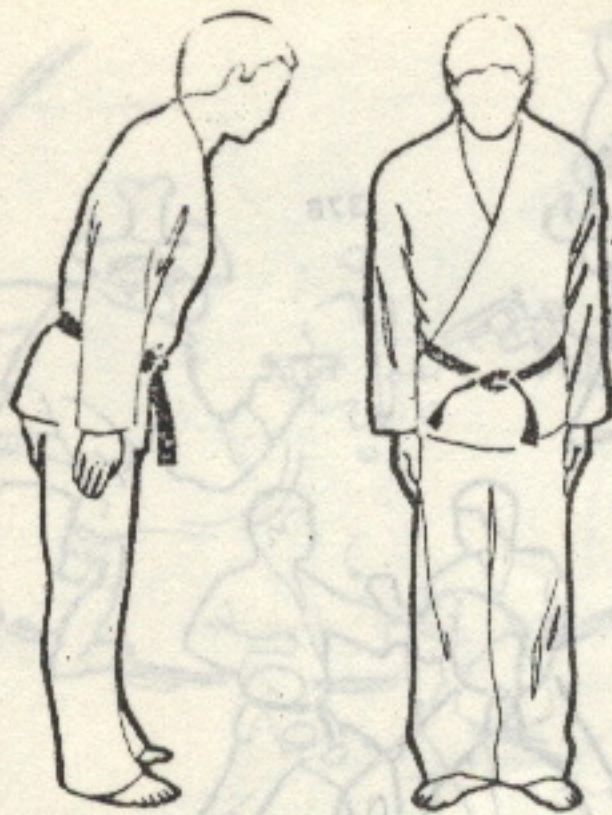
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Ritsurei



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Sarei



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KOHEN

